

FOCAL POINT

The Torrance Focal Point on Aging is one of 48 Focal Points designated by the Los Angeles County Area Agency on Aging. The Focal Point is an information and referral service where older adults can learn of community resources to meet their emotional, physical and social needs.

The Focal Point program is housed in the Russ Nolte Annex, adjacent to the Bartlett Senior Center in downtown Torrance. They provide information to seniors, their families, and caregivers about such services as: transportation, housing, meals, health care, health insurance, social and legal services, etc. Throughout the year a great deal of effort goes into compiling and updating this directory. We'd like to acknowledge and thank all of our Focal Point volunteers who are involved in producing this annual service directory.

Volunteers are available at the Focal Point office, located at 1339 Post Avenue in Torrance. Office hours are: Monday through Friday, 9 a.m. to 3 p.m. No appointment is necessary and walk-ins are welcome. For further information, please call 310-320-1300.

CITY OF TORRANCE

SENIOR CITIZENS' SERVICE DIRECTORY

This directory has been compiled by the Focal Point program volunteers and is provided by the city of Torrance Community Services Department. It is a guide to comprehensive programs and services that may be of help to seniors and those who assist seniors. Inclusion does not imply endorsement, and failure to list a resource implies no criticism.

The directory contains information on community resources that are available for everything from minimal assistance to total care. Listings are as accurate as possible, and periodic updates will be available. To inform us of corrections, deletions, or additional information, please call the Focal Point office at 310-320-1300.

In general, many of the agencies and resources listed are located in Torrance. However, a number of resources in communities surrounding the South Bay are also included. In some instances, the nearest location for a resource might be in Los Angeles, Sacramento or Washington, DC.

HOW TO USE THIS DIRECTORY

The directory is cross-referenced in two ways:

The TABLE OF CONTENTS page is located at the front of the directory and shows resources listed by category, in alphabetical order. Use this page to locate the type of assistance you need. It will refer you to a page number where you will find a number of PROVIDERS that fall into that specific category. Use this section if you know the type of assistance you are seeking.

The INDEX, located at the back of the directory, contains a complete listing of all the providers in the directory in alphabetical order. Because some providers fall into more than one category, the INDEX will list all the page numbers where a specific provider has been listed. Use this section if you know the name of the provider for which you are searching.

TABLE OF CONTENTS

ABUSE	1
ADVOCACY	3
ALZHEIMER.....	11
ANIMALS.....	19
BOARD AND CARE.....	21
CASE MANAGEMENT	23
COMPLAINTS.....	28
DAY CARE.....	34
DENTAL	36
DISABILITIES.....	38
DISCOUNTS	45
EDUCATION	50
EMERGENCY SHELTER/FOOD PROGRAMS	55
EMPLOYMENT	57
FINANCES	59
HEALTH ORGANIZATIONS	61
HEALTH SERVICES	64
HOSPICE	69
HOSPITALS.....	71
HOTLINE, NON-URGENT	73
HOTLINE, URGENT	79
HOUSING, NON-SUBSIDIZED	82
HOUSING, SUBSIDIZED	86
IDENTIFICATION.....	91
IN-HOME SERVICES.....	92
INSURANCE.....	98
LEGAL SERVICES	100
LEGISLATION.....	106
LIBRARIES.....	109
MEALS AND NUTRITION	113
POLICE	118
RETIREMENT	119
SENIOR CENTERS.....	124
SENIOR CLUBS	129
SKILLED NURSING	131
SOCIAL SECURITY	136
TAX ASSISTANCE	137
TRANSPORTATION	139
VETERANS.....	145
VOLUNTEERING	147
INDEX	150

ABUSE

Abuse Hotline

800-978-3600

24 hr

Services: Deals with domestic violence between intimate partners, primarily women and children. There are 21 shelters for women and children in L.A. County. In case of emergency, call 911.

Adult Protective Services

213-351-5401

3333 Wilshire Blvd., Suite 400
Los Angeles, CA 90010

M-F, 8-5

Assists seniors, 65 yrs. and older, who are endangered due to unsafe living conditions, neglect, and financial or physical abuse. Disabled, 18 yrs. and older. Non-facility abuse. Serves L.A. County with a 24-hour hotline: 877-477-3646.

Center for the Pacific-Asian Family

310-329-0270

14112 South Kingsley, Suite 108
Gardena, CA 90247

M-F, 8-5

Hotline counseling for domestic violence and sexual abuse. Counseling and victim advocacy. Emergency shelter and transitional housing for domestic violence provided. Hotline: 800-339-3940

Elder Abuse Hotline

800-992-1660

Emergency: 911

24 hr

Verbal harassment, threats or other forms of intimidation behavior directed at an elderly person and dependent disabled adults in addition to any physical or financial abuse. Takes reports of financial, physical abuse, and neglect as well as verbal harassment or threats. For physical emergencies dial 911.

ABUSE

Long Term Care Ombudsman

800-334-9473

Wise Senior Services
1527 4th St., #250
Santa Monica, CA 90401

M-F, 8-5

Facility abuse investigates complaints on behalf of licensed nursing homes, board and care residents, and convalescent hospitals. Local office in Lakewood, which services Torrance, can be reached at 562-925-7104.

Rainbow Services

310-547-9343

P. O. Box 1547
San Pedro, CA 90733

24 hr. hotline

Battered women services. Legal referrals, children's programs, counseling, support groups, and shelter. Bilingual (Spanish).

Victim-Witness Assistance Program

562-491-6310

M-F, 8-4:30

Crisis intervention, counseling, court escort/support, case status/disposition, property return, restraining order, emergency financial assistance, emergency legal assistance and referral. Assists victims to apply for State program. Main focus is elder abuse.

ADVOCACY

Abuse Hotline

800-978-3600

24 hr

Deals with domestic violence between intimate partners, primarily women and children.
Has 21 shelters in L.A. County for women and children.

Adult Protective Services

213-351-5401

3333 Wilshire Blvd., Suite 400
Los Angeles, CA 90010

M-F, 8-5

Assists seniors 65 yrs. and older and dependent adults who are endangered due to unsafe living conditions, neglect, and physical or financial abuse in non-facilities. Serves L.A. County. After hours call 877-477-4646.

AARP

310-320-5918

1318 Cravens Ave.
Torrance, CA 90501

Chapter meets 2nd Sunday of each month at Bartlett Senior Citizens Center at 2:00 p.m.

Area Agency on Aging, L.A. County

800-510-2020

3333 Wilshire Blvd., Suite 400
Los Angeles, CA 90010

M-F, 8-5

Information and assistance. Links seniors, family, government agencies, and organizations to needed resources in Los Angeles County. They also advocate for seniors in some circumstances.

Asian Community Service Center

310-217-7300

14112 S. Kingsley Dr.
Gardena, CA 90249

M-F, 8-5

Information and referral agency for health and welfare. Also provides a food basket once a month for low-income individuals. Last 3 Mondays of the month have L.A. Mental Health Clinic.

ADVOCACY

California Advocates for Nursing Home Reform

800-474-1116

650 Harrison St., 2nd floor
San Francisco, CA 94107

M-F, 9-5

Advocates on behalf of nursing home residents and provides consumer information and pre-placement counseling on 1400 nursing homes in the state. Provides legal referrals in areas and residents' rights violations, Medi-Cal, conservatorships, estate planning for long term care, wills, trusts, and durable powers of attorney. Website: www.canhr.org

Caring Connections

800-658-8898

1700 Diagonal Rd., Suite 625
Alexandria, VA 22314

M-F, 9-5 EST

Provides information to the public and professionals on issues dealing with end-of-life crisis. Their goal is to improve the quality of care for dying people and offer support for their relatives and friends. Counseling and educational services provided.

Congress of California Seniors

213-626-1903

800-543-3352

1230 N Street, Suite 201
Sacramento, CA 95814

M-F, 8:30-5

Senior advocacy organization with members throughout California. Works on issues such as health care, social security, housing, taxes, nursing home reform and consumer protection. Conducts educational programs on elderly nutrition, computer awareness, telecommunication, discounts and other subjects.

Consumer Affairs - L.A. County

310-325-1035

24340 S. Narbonne Ave.
Lomita, CA 90717

Tu and Th, 8:30-4:30

Assists with consumer complaints and tenant-landlord problems. Main office for urgent issues call: 800-593-8222. Also provides assistance with small claims applications at the South Bay County Court House, Torrance, 825 Maple on Thursday, 9-4.

ADVOCACY

Disability Rights Advocates

510-665-8644

2110 Center St., Third Floor
Berkeley, CA 94704

Non-profit law firm dedicated to protecting and advancing the civil rights of people with disabilities. Website: www.dralegal.org

Eldercare Locator

800-677-1116

M-F, 9 a.m. - 8 p.m. EST

Referrals to local and state organizations for information on community services for the elderly and disabled 60 yrs. and older, anywhere in the country.
Website: www.eldercare.gov.

Family Caregiver Alliance

800-445-8106

180 Montgomery St., Suite 1100
San Francisco, CA 94104

M-F, 9-5

Provides information, education, and support for family caregivers, including fact sheets, online discussion groups, and personal stories. Website: www.caregiver.org

Grandparents as Parents

562-924-3996

22048 Sherman Way, Suite 217
Canoga Park, CA 91303

Psychological, emotional, and peer group support for grandparents and relative caregiver who are primary caregivers of their grandchildren, as well as grandparents who have difficulty getting access to their grandchildren. Weekly meetings at various locations.
Additional phone numbers: 310-839-2548 and 818-789-1177.
Website: www.grandparentsasparents.com

ADVOCACY

HICAP (Health Insurance Counseling)

800-824-0780

520 Lafayette Park Pl., #214
Los Angeles, CA 90057

M-F, 9-12,1-3

Health Insurance counseling, advice on HMO's, medical claims, and compares private medical and supplemental plans. Call for appointment at Torrance Memorial Hospital, ADVANTAGE program, 310-517-4666.

Jewish Family Services

310-373-0321

23430 Hawthorne Blvd., Bldg #3, Suite 125
Torrance, CA 90505

M-Th, 9-9

General counseling and case management care coordination for the aging and their families. Provides information and referral, support groups, and "Relatives as Parents" program. All services are by appointment only.

Little Tokyo Service Center

213-473-3035

231 E. 3rd St, Suite G-106
Los Angeles, CA 90013

A non-profit social service and community development agency providing a variety of services including case management, counseling and small business development. Services are available in English, Japanese, Korean, Chinese and Spanish.

Los Angeles Caregiver Resource Center

800-540-4442

213-821-7777

3715 McClintock Ave.
Los Angeles, CA 90089

M-F, 8:30-5:00

Information and referral for caregivers of people with adult onset brain impairment. Offers support groups, legal and financial consultation, educational workshops, and assistance with respite care.

ADVOCACY

Lumetra (formerly CMRI)

800-841-1602

One Sansome, Suite 600
San Francisco, CA 94104

M-F, 9-5

A non-profit organization funded by Medicare to oversee the health care that beneficiaries receive. Review hospital discharge notices, appeals from hospitals, skilled nursing facilities, home health, and comprehensive as well as quality of care complaints. For Medicare recipients and serves all of California Medicare recipients.

Website: www.lumetra.com

Mobile Home Ombudsman

800-952-5275

M-F, 9-11:30

1:30-4:00

Housing/Community Development
P.O. Box 31
Sacramento, CA 95812

Assistance and information regarding mobile home dealers, sales agents, warranties, residency laws, and mobile home parks. Website: www.hcd.ca.gov.

National Association for Continence

800-252-3337

P.O. Box 1019
Charleston, SC 29402

M-F, 9-5 EST

Resource guide for sufferers of incontinence. Provides advocacy, support, public education and awareness about the causes, prevention, diagnosis, treatments and management alternatives to incontinence. No eligibility requirements. Serves U.S.A.

Protection and Advocacy, Inc. (PAI)

800-776-5746

213-427-8747

M-F, 9-5

Los Angeles Legal Office
3580 Wilshire Blvd., Suite 902
Los Angeles, CA 90019

Provides legal and advocacy services for people with disabilities.

Website: www.pai-ca.org

ADVOCACY

Rainbow Services

310-547-9343

24 hr Hotline

P.O. Box 1547
San Pedro, CA 90733

Battered women services including legal advocacy, support groups, and shelter emergencies. Bilingual (Spanish). For pickup at your place, 800-958-7825.

Salvation Army His House Family Services

310-782-8841

20830 S. Vermont Ave.
Torrance, CA 90502

Social service ministry that provides brown bag lunches, homeless meals, groceries, rental assistance, clothing vouchers, and referrals to shelters. Call early morning for best results. NOTE: Workday starts at 5:30 a.m.

S.H.A.R.E. (Self Help and Recovery Exchange)

310-305-8878

5521 Grosvenor Blvd.
Los Angeles, CA 90066

M-F, 10-10

Clearinghouse with a database listing hundreds of support groups and self-help meetings per week in L.A. County. www.selfhelp.org

South Bay Senior Services

310-325-2141

2510 W. 237th St., #204
Torrance, CA 90503

M-F, 8:30-5

Information and referral for South Bay seniors, assistance with health questions, on-site case management, finances, and Tele-care program for homebound seniors.

ADVOCACY

The Gathering Place

310-374-6323

514 N. Prospect Ave., Lower Level
Redondo Beach, CA 90277

M-F, 9-5

Bereavement support groups for children, teens, and adults. Offers educational materials, discussion groups for those experiencing a loss either through death of a loved one or a life-changing event. Provides referrals to other community programs.

The Utility Reform Network (T.U.R.N.)

800-355-8876

711 Van Ness Ave., # 350
San Francisco, CA 94102

Gives information on your rights as a California residential energy and natural gas consumer, explanation of electricity deregulation, and telecommunications information.

The Wellness Community

310-376-3550

Pier Plaza
109 W. Torrance Blvd., Suite 100
Redondo Beach, CA 90277

M-F, 9-5

A free program offering a wide range of support groups and educational programs for cancer patients and their loved ones. No charge for any services or programs. Serves South Bay area and Long Beach.

Victim-Witness Assistance Program

562-491-6310

M-F, 8-4:30

Crisis intervention, counseling, court escort/support services, case status/disposition, property return, restraining orders, emergency financial assistance, and emergency legal assistance referral. Assist victims to apply for State program. Main focus is elder abuse.

ADVOCACY

Westside Center for Independent Living (WCIL)

310-390-3611

12901 Venice Blvd.
Los Angeles, CA 90066

M-F, 9-5

Bilingual counseling, case management, information and referrals for disabled and elderly. Services on a sliding scale.

Wise and Healthy Aging – Long Term Care Ombudsman Program

562-925-7104

800-334-9473

5510 Clark Ave., Ste. 213
Lakewood, CA 90712

M-F, 8:30-5

Long term care ombudsman program designed to help protect and ensure the quality of care of seniors living in skilled nursing and residential care facilities. Provides education for residents and their families about their rights in these facilities and help resolve complaints and address issues.

ALZHEIMER

Alzheimer's Association

323-938-3379

5900 Wilshire Blvd., Suite 1100
Los Angeles, CA 90036

M-F, 8:30-5

Help line (800-272-3900) staffed by volunteers to provide information and referral to community caregivers, support groups, and home care assistance pertaining to Alzheimer's disease and related disorders. Website: www.alzla.org.

Alzheimer's Association Care Consultation

323-938-3379

5900 Wilshire Blvd., Suite 1100
Los Angeles, CA 90036

M-F, 8:30-5

One-on-one care consultation for patients/caregivers dealing with all aspects of dementia care. The free service includes home visit and assessment, consultation, care planning, information and referral.

Alzheimer's Disease Education and Referral Service (ADEAR)

800-438-4380

P.O. Box 8250
Silver Springs, MD 20907

M-F, 8:30-5 EST

Provides current, comprehensive Alzheimer's disease information and resources from the National Institute on Aging. Referrals to local supportive services and centers that specialize in research and diagnosis.

Alzheimer's Disease Research Center, USC

323-442-5775

3715 McClintock Ave.
Los Angeles, CA 90089-0191

Tu-F, 9-4

Screening required. Must be 75 years or older. Stroke victims not accepted. Need healthy older volunteers with or without memory loss. Person is given an assessment, diagnosis and opportunity to participate in clinical studies of experimental medications. For enrollment only call: 213-740-7777.

ALZHEIMER

Alzheimer's Store

800-752-3238

3197 Trout Place Rd.
Cumming, GA 30041

Provides unique products and information for those caring for someone with Alzheimer's disease. Products addressing falls, incontinence, wandering, care giving, forgetfulness, memory stimulation, early, middle and later stages of the disease.

Belmont Village

310-377-9977

5701 Crestridge Rd.
Rancho Palos Verdes, CA 90275

24 hours

Assisted living community for adults 60 yrs. and older, providing personal care, medication management, fitness and social activities, transportation to and from doctors appointments, Circle of Friends, Memory Enhancement Program, physical therapy, private accommodations, chef prepared meals. Facility has an Alzheimer's unit, offers respite and hospice care, and a full time registered nurse on staff.

Brittany House

562-421-4717

5401 E. Centralia St.
Long Beach, CA 90808

M-F, 8-7

Residential Alzheimer's care for seniors who are in between independent living and intensive home settings. Offers short term or respite stays for family caregivers. Accepts ambulatory residents only. Fees charged. For profit agency.

California Registry

800-777-7575

M-F, 8-5

Privately owned. Licensed by State Department of Health Services. Provides information on short and long-term housing, Alzheimer's, board and care, assisted living, retirement, and nursing facilities. Free public service. 24 hr. answering machine.

ALZHEIMER

Carson Adult Day Health Care Center

310-522-3860

23517 S. Main St., Suite 110
Carson, CA 90745

M-F. 8-4

Adult day care program providing health, therapeutic and social services to frail, elderly and functionally impaired adults.

Carson Retirement Center

310-830-4010

345 E. Carson St.
Carson, CA 90745

Provides 3 meals/day. Respite care available. Arbor Hall is a secured facility for individuals with Alzheimer's and dementia.

Clearview Alzheimer's Care Facilities

310-538-2323

15823 S. Western Ave.
Gardena, CA 90247

Secured facility with 172 beds for ambulatory individuals with Alzheimer's/dementia. Medi-Cal accepted.

Concepts for Living

310-971-0085

800-414-4242

M-F, 8:30-5:30

Provides information and referral for seniors and families to retirement, independent and assisted living communities, Alzheimer's/dementia, and board and care homes. Accepts private pay and SSI and works closely with seniors and their families in assessing needs. Geographic areas served: Los Angeles, Santa Barbara, Ventura Counties, Orange Counties as well as San Gabriel Valley. Free to seniors and their families.

ALZHEIMER

Connections Referral Service

800-330-5993

2658 Griffith Park Blvd., Suite 224
Los Angeles, CA 90039

M-F, 9-5

Licensed by the Department of Health Services. Provides information and referral on board and care, retirement, skilled nursing facilities, as well as Alzheimer's homes. All service is free.

Elderlink

800-613-5772

P.O. Box 5202
Santa Monica, CA 90409

M-F, 8-5

Licensed by Department of Health Services providing free senior referral for placement in Alzheimer's, assisted living, board and care, retirement, and skilled nursing facilities in California. Accepts private pay, SSI, and Medi-Cal. Emergency care on call 24 hours.

Family Adult Day Health Care Center

310-602-0123

2280 Lomita Blvd.
Lomita, CA 90717

M-F, 9-3

A program that combines medical, rehabilitative, and maintenance services with social, recreational, transportation, and support services for the frail elderly and adults with physical and/or mental impairments. Tagalog and Spanish also spoken.

Family Caregiver Alliance

800-445-8106

180 Montgomery St., Suite 1100
San Francisco, CA 94104

M-F, 9-5

Provides information, education, and support for family caregivers, including fact sheets, online discussion groups, and personal stories. Website: www.caregiver.org

ALZHEIMER

Gardena Senior Day Care Center

310-217-9550

14517 S. Crenshaw Blvd.
Gardena, CA 90249

M-F, 9-3

Socialization program for seniors with memory loss dementia specific. Provides hot lunch and snacks. Must register; sliding scale fee.

Los Angeles Caregiver Resource Center

800-540-4442

213-821-7777

3715 McClintock Ave.
Los Angeles, CA 90089

M-F, 8:30-5

Information and referral for caregivers or families of people with adult onset brain impairment. Offers support groups, educational workshops, and assistance with respite care. Financial and legal consultations to caregivers provided.
Website: www.losangelescrc.org

MedicAlert+Safe Return (Alzheimer's Association)

888-572-8566

24 hours

A nationwide identification program that assists in the safe and timely return of individuals with Alzheimer's disease and related dementias who may wander and become lost. Caregivers register dementia patients in the data bank.

Sage House (Salvation Army)

310-832-6031

138 S. Bandini St.
San Pedro, CA 90731

M-F, 8-5

Provides day care for Alzheimer's, dementia, and post stroke individuals. Hot lunches provided as well as a variety of activities. Has a caregiver's support group.

ALZHEIMER

Salvation Army Adult Day Care

310-370-4515

Ext. 107

4223 Emerald St.
Torrance, CA 90503

M-F, 7-5:30

Day care program for moderate to more severely memory impaired and dependent adults who should not be left alone. Transportation to and from center, 5-mile radius, no charge. Lunch and snacks provided. No age limit. Requires a 4-hr minimum. Two caregiver meetings held each month. Website: www.salvationarmy-torrance.org.

San Pedro Adult Day Health Care Center

310-519-9880

430 W. 6th St.
San Pedro, CA 90731

M-F, 8:30-2:30

Provides a variety of health, therapeutic, and social services for the frail elderly, early dementia, and/or disabled adult with physical and/or mental impairments. Medi-Cal and SCAN Health plan sponsored for qualified individuals. Transportation to and from home, breakfast, lunch and snack included. Languages spoken in addition to English: Russian, Arabic, French and Italian.

South Bay Adult Care Center

310-214-6963

Anderson Park Senior Center
3007 Vail Ave.
Redondo Beach, CA 90278

Tu-F, 7:30-5:30
Sat, 10:30-5:30

Day care for people who have Alzheimer's, Parkinson's, strokes, or the frail, older adult who needs socialization.

Sunnyside Nursing Center

310-320-4130

22617 S. Vermont Ave.
Torrance, CA 90502

299 beds. Skilled nursing, custodial and hospice care. Also provides a secured facility for Alzheimer patients. Medicare and Medi-Cal accepted.

ALZHEIMER

Sunrise Assisted Living of Hermosa Beach

310-937-0959

1837 Pacific Coast Highway
Hermosa Beach, CA 90254

Twenty-four beds. Accepts persons 60 yrs. and older with memory impairments and Alzheimer's disease providing 3 meals/day and life skills activities. Care is given in a secure area especially designed to meet resident's special needs.

The Alzheimer's Store

800-752-3238

3197 Trout Place Rd.
Cumming, GA 30041

M-F, 8-5

Provides unique products and information for those caring for someone with Alzheimer's disease. Products addressing falls, incontinence, care giving, forgetfulness, memory stimulation, wandering and early, middle and later stages of Alzheimer's.
Website: www.alzstore.com.

Viva

800-934-8482

M-F, 9-5

Referral information for all levels of assisted living including board and care, retirement communities, and Alzheimer's homes in California. Free to seniors.

Vermont Care Center

310-328-0812

22035 S. Vermont Ave.
Torrance, CA 90502

200 beds. Provides skilled nursing and rehabilitation services. Has a secured Alzheimer's unit. Medicare, Medi-Cal, private pay, and some HMO's are accepted.

ALZHEIMER

Windsor Gardens of Hawthorne

310-675-3304

13922 Cerise Ave.
Hawthorne, CA 90250

99 bed secured facility for Alzheimer's individuals who are wheelchair, ambulatory or bed ridden. Accepts Medicare, Medi-Cal, HMO, VA or private pay.

WJC Adult Day Program

310-856-3520

1148 N. Avalon Blvd.
Wilmington, CA 90744

M-F, 8-4:30

Day care for seniors over 62 yrs. old and over with early dementia, Alzheimer, or Parkinson persons providing structured activities, recreational programming, social outings, hot meals, personal assistance with activities of daily living, and support/respite for families and caregivers. Funded by the Department of Aging.

ANIMALS

Animal Birth Control

310-539-3112

1950 Pacific Coast Highway
Lomita, CA 90717

Discount for animal neuter services. Feral cat program. Call for additional programs.
Full line of flea products.

Animal Care and Control

310-523-9566

216 W. Victoria
Carson, CA 90248

M-Th, 12-7
F, Sat, 10-5

L. A. County shelter providing services of pet licensing, low cost vaccinations, and investigates nuisance and cruelty complaints. Operates an Adopt a Pet program.

Animal Licenses

See Torrance Animal Control

Animal Safety Net Information and Hot Line

323-733-0219
800-978-8600

Shelter for animals owned by abused persons. Outside of Los Angeles area call
800-799-7233.

South Bay SPCA - L.A. Pet Adoption Center

310-676-1149

12910 Yukon Ave.
Hawthorne, CA 90250

Wed-Fri, 11-6
Sat, Sun – 10-5

Services Lawndale, El Segundo and West Hollywood ONLY.

ANIMALS

Torrance Animal Control

310-618-3850

2200 Jefferson
Torrance, CA 90505

M-Th, 7:30-5
Alternating Fri, 7:30-4

Pickup injured, deceased, and stray animals. Answer complaints and investigates violations. Services provided for the city of Torrance ONLY. Refer to Animal Care and Control for other areas. Provides animal licensing for the city of Torrance. For individuals qualifying for City Utility User's Tax Exemption, the total income may not exceed \$26,000/year. Persons must be 62 yrs. and older or disabled, the dog must be spayed or neutered. If these qualifications are met one free dog license is issued. *For further questions on the City's Utility User's Tax Exemption program, please call 310-618-5830.*

BOARD AND CARE

California Registry

800-777-7575

M-F, 8-5

Privately owned, licensed by State Department of Health Services. Provides information on short and long- term housing, Alzheimer's, assisted living, board and care, retirement, and nursing facilities. Free public service.

Concepts for Living

310-971-0085

800-414-4242

M-F, 8:30-5:30

Provides information and referral for seniors and families to retirement, independent and assisted living communities, Alzheimer's/dementia, and board and care homes. Accepts private pay and SSI and works closely with seniors and their families in assessing needs. Geographic areas served: Los Angeles, Santa Barbara, Ventura Counties, Orange Counties as well as San Gabriel Valley. Free to seniors and their families.

Connections Referral Service

800-330-5993

2658 Griffith Park Blvd., Suite 224
Los Angeles, CA 90039

M-F, 9-5

Licensed by the Department of Health Services. Provides information and referral on board and care, retirement, and skilled nursing facilities, as well as Alzheimer's homes. All service is free.

Elderlink

310-450-1888

800-613-5772

P.O. Box 5202
Santa Monica, CA 90409

M-F, 8-5

Free senior referral for placement in Alzheimer's homes, assisted living, board and care, retirement, and skilled nursing facilities in the State of California. Accepts private pay and will find placement for SSI and Medi-Cal recipients. Emergency care on call 24 hrs. Licensed by the Department of Health Services.

BOARD AND CARE

Viva

800-934-8482

M-F, 9-5

Referral and information for all levels of assisted living including board and care, retirement communities, and Alzheimer's homes in California. Free to the community. No referrals to skilled nursing homes.

CASE MANAGEMENT

Alzheimer's Association Care Consultation

323-938-3379

5900 Wilshire Blvd., Suite 1100
Los Angeles, CA 90036

M-F, 8:30-5

One-on-one care consultation for patients/caregivers dealing with all aspects of dementia care. The free service includes home visit and assessment, consultation, care planning, information and referral.

Beach Cities Health District

310-374-3426

Ext. 110

(Ask for Officer of the Day)

514 N. Prospect Ave., 3rd Floor
Redondo Beach, CA 90277

M-F, 8:30-5

Case management for older adults and disabled living in Hermosa, Manhattan and Redondo Beach. Programs include: peer counseling, friend-to-friend visits, fitness, wellness classes, and support groups.

Carson Senior Social Services

310-952-1775

801 E. Carson St.
Carson, CA 90745

M-F, 7-6

Information and referral on a variety of services: taxes, Medicare advocacy, home assistance, case management, legal referral and advocacy, friendly visitor service, transportation, and recreation. Serves Carson and surrounding areas. Stroke Center for Carson residents only at 310-952-1763

Gardena Senior Citizens Bureau

310-217-9552

1670 W. 162nd St.
Gardena, CA 90247

M-F, 8-4

In home supportive help for low-income seniors. Home delivered meals, case management, and transportation in Gardena. Lunch program M-F, 12:30-1 p.m. Spanish and Japanese languages also spoken.

CASE MANAGEMENT

Gentle Transitions

310-937-1023

800-619-3049

M-F, 9-5

1726 Manhattan Beach Blvd., Suite G
Manhattan Beach, CA 90266

Helps plan, coordinate and supervise all aspects of a move, from researching new residences to hiring a mover. Bonded, insured, and references provided.

Greater South Bay Home Health, Inc.

310-329-4835

680 Knox St., Suite 125
Torrance, CA 90502

M-F, 9-5:30

Case management providing skilled nursing, home health aides, companion services, physical, occupational and speech therapies, and medical social worker. Medicare, Medicaid certified and accepts Worker's compensation, private insurance/HMO, veteran's benefits, and self-pay. Spanish and Tagalog also spoken.

Jewish Family Services

310-373-0321

23430 Hawthorne Blvd., Bldg. 3, Suite 125
Torrance, CA 90505

M-Th, 9-9

General counseling and case management care coordination for the aging and their families. Support groups, "Relatives as Parents" program, and information and referral. All services by appointment only.

Lawndale Senior Center

310-973-3270

14701 Burin Ave.
Lawndale, CA 90260

M-Th, 7-6

Multipurpose senior center offering information and referral, case management, transportation, Meals on Wheels, legal services, on-site lunch program, and social and recreational activities.

CASE MANAGEMENT

Little Company of Mary Home Health

310-370-5895

3551 Voyager St., Suite 201
Torrance, CA 90503

M-F, 8-5

Case management provided. Doctor referral only for intermittent care by RN and LVN nurses. Provides physical, occupational, and speech therapies. Accepts Medicare and Medi-Cal. Bilingual.

Little Tokyo Service Center

213-473-3035

231 E. 3rd St., Suite G-106
Los Angeles, CA 90013

A non-profit social service and community development agency providing a variety of services including case management, counseling and small business development. Services are available in English, Japanese, Korean, Chinese and Spanish.

Oxford Health Care

310-538-5400

280 Atlantic Avenue
Long Beach, CA 90802

M-F, 7-6

Case management providing skilled nursing, respite care, RN's, LVN's, companion care and homemaker services in the South Bay. Spanish and Tagalog also spoken.

Physicians Choice

310-793-1616

3625 Del Amo Blvd., Suite 390
Torrance, CA 90503

M-F, 9-5

Case management, home health services with intermittent care providing companion care, 1-2 hr. home visits, skilled nursing, private duty, medical social services, and rehabilitation therapy. Accepts Medicare, Medi-Cal, and private pay patients.

CASE MANAGEMENT

Redondo Beach Senior and Family Services

310-318-0650

320 Knob Hill
Redondo Beach, CA 90277

Coordinates senior activities, provides information and referral for health resources, educational programs, housing, and care coordination. Helps connect seniors with support services. Adult day care, senior and disabled ride programs. Office is open Monday through Thursday and on alternate Fridays, 7:30-5:30 p.m.

South Bay Senior Services

310-325-2141

2510 W. 237th St., #204
Torrance, CA 90505

M-F, 8:30-5

Case management and in-home service registry. Links frail seniors to services to help them remain in their home. Tele-care program for home bound seniors. General information and referral. Non- profit.

Torrance Memorial Home Health

310-784-3739

3330 Lomita Blvd.
Torrance, CA 90505

M-F, 8-5
Sat., 8-12

Case management, coordinating services of RN's, therapists, home health aides, and care with hospital discharge planners. Special programs include Cardiac Care, Oncology, Wound and Burn Care, and Intravenous Program. Medicare accepted. By referral only.

Westside Center for Independent Living (WCIL)

310-390-3611

12901 Venice Blvd.
Los Angeles, CA 90066

M-F, 9-5

Bilingual counseling, case management, information and referrals for disabled and elderly. Services on a sliding scale.

CASE MANAGEMENT

Wilmington Multipurpose Senior Center

310-518-4533

1371 N. Eubank Ave.
Wilmington, CA 90744

M-F, 8-4:30

Case management, transportation available for Wilmington, Harbor City, L.A. Strip and San Pedro. Recreation, health screening, information and referral, social services, legal aid, meals at center and home delivered. Registry for in-home services.

COMPLAINTS

Better Business Bureau

562-216-9240

3363 Linden Ave., Suite A
Long Beach, CA 90807

M-F, 8-5

Complaints and inquiries from consumers. Covers businesses in L.A. Orange, Riverside, and San Bernardino Counties. Website: www.labbb.org

California Board of Dental Examiners

916-263-2300

1432 Howe Ave., Suite 85
Sacramento, CA 95825

M-F, 8-5

Complaints about dentists, dental hygienists, and registered dental assistants.
Website: www.dbc.ca.gov.

California Bureau of Automotive Repair

310-410-0024

6035 Bristol Parkway
Culver City, CA 90230

M-F, 8-5

Complaints on all automotive repair, smog, and licensing.
Website: www.smogcheck.ca.gov.

California Department of Insurance

800-927-4357

300 S. Spring St., South Tower
Los Angeles, CA 90013

M-F, 8-5

Consumer hot line for reporting fraud and injustices about insurance companies, claims, and agents in California.

California Department of Health Services

800-228-1019

M-F, 8-5

Nursing home certification and licensing. Complaints against skilled nursing homes, hospitals, home health agencies, and medical clinics. Website: www.dhs.ca.gov.

COMPLAINTS

California Fair Employment and Housing Department

800-233-3212

M-F, 8-5

Handles unlawful discrimination in housing, public accommodations, and from the perpetrating of acts of hate and violence. For complaints on these same issues involving employment, call 800-884-1684.

California State Consumer Affairs

800-952-5210

M-F, 8-5

Ombudsman for consumer complaints on most consumer issues i.e. auto, home furnishings, appliances, funerals, acupuncture, and smog checks.
Website: www.dca.ca.gov.

Cemetery and Funeral Bureau

916-574-7870

1625 N. Market Blvd., Suite S-208
Sacramento, CA 95834

M-F, 8-5

The California Department of Consumer Affairs, Cemetery and Funeral Bureau licenses, regulates, and investigates complaints against California funeral establishments, funeral directors, embalmers, apprentice embalmers, cemetery brokers, cemetery salespersons, cremated remains disposers, crematories, and the nearly 200 licensed cemeteries in the state. Website: www.cfb.ca.gov.

Consumer Affairs - L.A. County

310-325-1035

24340 S. Narbonne Ave.
Lomita, CA 90717

Tu, Th, 8:30-4:30

Assists with consumer complaints and tenant-landlord problems. Main office for urgent issues call: 800-593-8222. Also provides assistance with small claims applications at the South Bay County Court House, Torrance, 825 Maple on Thursday, 9-4.

COMPLAINTS

Contractors State License Board

800-321-2752

916-255-3900

M-F, 8-5

9821 Business Park Dr.
Sacramento, CA 95826

The CSLB licenses and regulates contractors in 43 license classifications and investigates complaints against contractors. It provides free publications about hiring contractors and the construction process and maintains an informational website and toll-free automated telephone response system that provide the public with contractor licensing information. Website: www.cslb.ca.gov.

Department of Managed Health Care

888-466-2219

24 hrs.

Assistance for consumers unsuccessful with appealing to their health plan. This department can help resolve problems with HMO's including issues about medical care, prescriptions, preventive testing, and mental health services. Website: www.HMOHELP.CA.Gov

Federal Trade Commission

877-382-4357

Consumer Response Center 240
Washington, DC 20580

M-F, 9-8 p.m. EST

Works for the consumer to prevent fraudulent, deceptive, and unfair business practices, and provides information to help consumer spot, stop, and avoid them. Free information on 400 consumer topics. Website: www.ftc.gov

HICAP (Health Insurance Counseling)

800-824-0780

520 Lafayette Park Pl., #214
Los Angeles, CA 90057

M-F, 9-12, 1-3

Health insurance counseling, advice on HMO's, medical claims, appeals, and compares private and Medicare supplement plans. By appointment at Torrance Memorial Hospital, ADVANTAGE Program, 310-517-4666.

COMPLAINTS

HMO Complaint Hotline Help Center

800-400-0815

24 hours

Sponsored by physicians who take managed care (HMO) complaints. All information is strictly confidential. Website: www.hmohelp.ca.gov.

Long Term Care Ombudsman

800-334-9473

1527 4th St., #250
Santa Monica, CA 90401

M-F, 8-5

Takes complaints on board and care, nursing homes, and convalescent hospitals within L.A. County.

Lumetra (formerly CMRI)

800-841-1602

One Sansome St.
San Francisco, CA 94104

M-F, 9-5

A non-profit organization funded by Medicare to oversee the health care that beneficiaries receive. They review hospital discharge notices, appeals from hospitals, skilled nursing facilities, home health, comprehensive rehabilitation, as well as quality of care complaints. Serves all of California Medicare recipients. Website: www.lumetra.com.

Medical Board of California

800-633-2322

916-263-2424

1426 Howe Ave., #54
Sacramento, CA 95825

M-F, 8-5

Complaints about physicians, surgeons, dispensing opticians, physician's assistants, midwives, psychologists, podiatrists, and licensed midwives.
Website: www.medbd.ca.gov.

Medi-Cal Fraud Hotline

800-822-6222

Medicare Fraud Hotline

800-447-8477

Inspector General's Office

M-F, 8-5:30 EST

COMPLAINTS

Mobile Home Ombudsman

800-952-5275

Housing/Community Development
P. O. Box 31
Sacramento, CA 95812

Complaints about dealers, sales agents, warranties, and residency laws. Investigates mobile home park problems, including electrical, roads, structures, and water.

National Fraud Information Center

800-447-8477

HHS Tips Fraud Hotline
P.O. Box 23489
Washington, D.C. 20026

M-F, 8:30-5:30 pm EST

Information on telemarketing and internet fraud, on going investigations, and consumer complaints.

Public Utilities Commission (Calif.)

800-649-7570

M-F, 9-3

Contact local utility company first, if not satisfied then call 800 # about privately owned gas, water, electric, and telephone utilities.

Social Security Fraud Hotline

800-269-0271

Inspector General's Office

M-F, 10-4 EST

The Utility Reform Network (T.U.R.N.)

800-355-8876

711 Van Ness Ave., Suite 350
San Francisco, CA 94102

Gives information on your rights as a California residential energy and natural gas consumer, explanation of electricity deregulation, and telecommunications information. Accepts complaints about unreasonable utility charges.

COMPLAINTS

Wise and Healthy Aging – Long Term Care Ombudsman Program

562-925-7104

5510 Clark Ave., Ste. 213
Lakewood, CA 90712

M-F, 8:30-5

Long term care ombudsman program designed to help protect and ensure the quality of care of seniors living in skilled nursing and residential care facilities. They educate residents and their families about their rights in these facilities and help resolve complaints and address issues.

DAY CARE

Carson Adult Day Health Care Center

310-522-3860

23517 S. Main St., Suite 110
Carson, CA 90745

M-F, 8-4

Adult day care program providing health, therapeutic and social services to frail, elderly and functionally impaired adults.

Family Adult Day Health Care Center

310-602-0123

2280 Lomita Blvd.
Lomita, CA 90717

M-F, 9-3

A program that combines medical, rehabilitative, and maintenance services with social, recreational, transportation, and support services for the frail elderly and adults with physical and/or mental impairments. Tagalog and Spanish also spoken.

Gardena Senior Day Care Center

310-217-9550

St. John's Lutheran Church
14517 S. Crenshaw
Gardena, CA 90249

M-F, 9-3

Socialization program for seniors with memory loss dementia specific. Provides hot lunch and snacks. Must register; sliding scale fee.

Sage House (Salvation Army)

310-832-6031

138 S. Bandini St.
San Pedro, CA 90731

M-F, 8-5

Day care for Alzheimer's, dementia, and post-stroke. Hot lunches provided. Provides a variety of activities. Connected with Little Company of Mary San Pedro Peninsula Hospital. Has a caregiver's support group.

DAY CARE

Salvation Army Adult Day Care

310-370-4515

Ext. 107

4223 Emerald St.
Torrance, CA 90503

M-F, 7-5:30

Day care for moderate to more severely memory impaired and dependent adults who should not be left alone. Transportation to and from center, 5-mile radius, no charge. Lunch and two snacks provided. No age limit and requires a 4-hour minimum. Two caregiver meetings each month. Website: www.salvationarmy-torrance.org.

San Pedro Adult Day Health Care Center

310-519-9880

430 W. 6th St.
San Pedro, CA 90731

M-F, 8:30-2:30

Provides a variety of health, therapeutic, and social services for the frail elderly, early dementia, and/or disabled adult with physical and/or mental impairments. Med-Cal sponsored for qualified individuals. Transportation to and from home, breakfast, lunch and snack included. In addition to English other languages spoken: Spanish, Russian, Arabic, French, and Italian.

South Bay Adult Care Center

310-214-6963

Anderson Park Senior Center
3007 Vail Ave.
Redondo Beach, CA 90278

Tu-F, 7:30-5:30
Sat, 10:30-5:30

Day care for people who have Alzheimer's, Parkinson's, strokes, or the frail, older adult who needs socialization.

WJC Adult Day Program

310-856-3520

1148 N. Avalon Blvd.
Wilmington, CA 90744

M-F, 8-4:30

Day care for early dementia, Alzheimer, or Parkinson persons providing structured activities, recreational programming, social outings, hot meals, personal assistance with activities of daily living, and support/respite for families and caregivers. Funded by the Department of Aging.

DENTAL

Dental Board of California

916-263-2336

M-F, 8-5

Review disciplinary action to complaints regarding care and abuse by dentists who are members of the L.A. Dental Society.

Donated Dental Services (DDS)

800-232-7645

Est. 4971

P.O. Box 13749

M-F, 8:30-5

Sacramento, CA 95853-4749

A program of the California Dental Association and the National Foundation of Dentistry for the Handicapped in which volunteer dental professionals provide dental care for the at-risk population of elderly or disabled people who cannot afford dental treatment nor get public aid. Serves people whose dental needs have been neglected for a long time and need comprehensive treatment. Not provided are emergency services or car for those who need only routine checkups and cleanings.

Los Angeles Free Clinic

323-653-1990

8405 Beverly Blvd.

Los Angeles, CA 90048

Dental care, including x-rays, fillings, extractions, cleanings and also full dentures for eligible patients provided in partnership with UCLA School of Dentistry.

Senior Dent

800-232-7645

California Dental Association

1201 K Street Mall

Sacramento, CA 95814

Must be 60 yrs. and older, with annual household income of \$20,000 or less, and not be receiving dental benefits from Denti-Cal (the state welfare program for dentistry) or a dental insurance program. Reduced fees to qualified seniors.

DENTAL

South Bay Family Health Care Center

310-802-6170

2114 Artesia Blvd.
Redondo Beach, CA 90278

M, W, F, 8-5
T, Th, 8-6

Dental care by appointment; includes cleanings, fluoride treatment, x-rays, fillings and extractions. Accepts Medi-Cal. A nonprofit agency. Fees on sliding scale.

UCLA - Venice Dental Clinic

310-392-4103

323 S. Lincoln Blvd.
Venice, CA 90291

M-F, 8-5

Visits by appointment for general dentistry. Medi-Cal accepted.

USC Dental Clinic

213-740-2805

925 W. 34th St.
Los Angeles, CA 90089

M-F, 8:30-5

General examination and X-rays. Services at reduced fees. No senior discounts.

Western L.A. Dental Society

310-349-2199

14722 Hawthorne Blvd., Suite B
Lawndale, CA 90260

M-F, 8:30-5

Referrals to dentists who will give senior discounts and to low cost dentistry.

DISABILITIES

Abledata

800-227-0216

8630 Fenton St., Suite 930
Silver Springs, MD 20910

M-F, 8:30 –5:30

Database containing information on a wide variety of assistive technology products. Products can be searched by brand name, company and product type; includes product name, where you can get it and how much it costs. Database also has a “Reading Room” which is a library of articles, books and other published resources related to specific types of assistive technology. Website: www.ABLEDATA.com

Anderson Park Senior Center

310-318-0650

Adaptive Mobility
Anderson Park
3007 Vail Ave.
Redondo Beach, CA 90278

Classes to stimulate motor skills as well as stroke client support groups. Call for further information.

AT Network

800-390-2699

1304 Southpoint Blvd., Suite 240
Petaluma, CA 94954

M-F, 9-5

Online database of organizations and businesses that sell, service, rent, fund or otherwise provide assistive technology services. When using this service, enter your zip code and then specify a geographic area to help find resources within your local area. Website: www.atnet.org

AT&T Customer Services

800-772-3140

2150 Shattuck Ave., Suite 200
Berkeley, CA 94704

M-F, 8-6
Sat, 8-5

Eligibility: Pacific Bell customer with a hearing impairment. Must submit certification form. Consult your audiologist.

DISABILITIES

Braille Institute

741 N. Vermont Ave.
Los Angeles, CA 90029

800-272-4553
323-663-1111
M-F, 8:30-5

Information, instruction, and training for the blind and their families. Services: library, low vision rehabilitation, educational programs and visual aid service for visually impaired. The store sells assisted living aids, hours M-F, 9-4:30.

California Relay Service (CRS)

711

Allows a deaf, hard of hearing or speech impaired person, using 'Telecommunications Device for the Deaf' (TDD), to communicate with any other telephone user from TDD using Voice Carry Over (VCO), Hearing Carry Over (HCO) or Spanish to Spanish. 24 hrs. 7 days/week. Phone # (TDD) 866-735-2929.

California Telephone Access Program

Voice: 800/806-1191
TTY: 800/806-4474
M-F, 7 am-9 pm
Sat., 9-5

Provide specialized telecommunication equipment and services. Equipment at no charge for individuals certified as having functional limitations of hearing, vision, restricted mobility, speed and/or interpretation of information. Certification can be from a medical doctor, licensed audiologist, a qualified state agency, or a hearing aid dispenser.

Center for the Partially Sighted

310- 458-3501

12301 Wilshire Blvd., #600
Los Angeles, CA 90025

M-F, 8-6

A comprehensive low vision rehabilitation agency for partially sighted adults age 50 yrs+. Services include: low vision exams, training in the use of low vision aids, support groups, independent living skills training, psychological and rehabilitation services. Specialized programs include: macular degeneration, diabetes, and vision loss. Accepts Medicare and Medi-Cal. Satellite program in the South Bay. Sliding scale based on ability to pay. Cannot be blind.

DISABILITIES

Clothing Solutions

800-336-2660

1525 W. Alton Ave.
Santa Ana, CA 92704

M-F, 8-4

Clothing for the person who needs full or partial assistance when dressing. Clothing has adaptive features that make dressing a much easier task.

Website: www.clothingsolutions.com

Comfort Clothing

888-640-0814

P.O. Box 1396
Standish, ME 04084

Provides easy access clothing at reasonable prices for people with disabilities.

Website: www.comfortclothing.com/index.html

Del Amo Hospital

310-530-1151

23700 Camino Del Sol
Torrance, CA 90505

Psychiatric hospital treating all ages. Accepts Medicare, Medi-Cal, Tricare and private insurance.

Department of Rehabilitation

310-516-3705

649 E. Albertoni St., Suite 100
Carson, CA 90746-1568

Assists Californians with disabilities obtain and retain employment and maximize their abilities to live independently in their communities. Offers vocational rehabilitation preparing individuals for employment and can include training, education, transportation, and job placement. Other office locations: Gardena, phone 310-715-3900, Lawndale, phone 310-793-1157, and Long Beach, phone 562-422-8325.

DISABILITIES

Disability Rights Advocates

510-665-8644

2110 Center St., Third Floor
Berkeley, CA 94704

Non-profit law firm dedicated to protecting and advancing the civil rights of people with disabilities. Website: www.dralegal.org

Disability Rights Legal Center

213-736-1334

866-999-3752

919 Albany St.
Los Angeles, CA 90015

Formerly the Western Law Center for Disability Rights, provides legal and other assistance to the Southern California community, focusing on disability related issues. Cases handled include disability civil rights issues, legal issues faced by individuals with cancer, special education advocacy for children with learning-related disabilities, mediation of disputes involving disability issues and lawyer referral services.

Fordes' Functional Fashions

800-531-7705

8020 East Drive, Suite 317
North Bay Village, Florida 33191

Fashions designed for persons with mobility challenges and physical limitations.
Website: www.fordes.com/index.html

Guide Dogs for the Blind

800-295-4050

M-F, 8-5

A non-profit charitable organization that provides skilled guide dogs and training in their use to visually impaired adults in the United States and Canada.

Hearing Aid Help Line

800-521-5247

M-F, 8-5, EST

Sponsored by the International Hearing Society and provides a consumer information kit with local referral to a hearing aid specialist.

DISABILITIES

Lighthouse International

800-334-5497

111 E. 59th St.
New York, NY 10022

M-F, 9-6 EST

Works to build confidence, independence, and the opportunity for quality of life for people with impaired vision. Provides educational and advocacy services.

Lions Clubs International

Collects and recycles used eyeglasses and reconditions used hearing aids to needy persons. Local contact for the South Bay: Aron Fried at 310-316-4425.

Low Vision Support Group

310-318-0650

Knob Hill Community Center
320 Knob Hill, Room 7
Redondo Beach, CA 90277

A support group for the visually impaired. Call to inquire about future programs.

Medical Baseline Program

800-655-4555

Southern California Edison

For consumers with specific medical situations who may require greater amounts of energy to meet day to day needs. Additional 'Standard Allowance' is available to those meeting health related qualifications. Interpreters available for many languages.

Public Transportation

South Bay Region

Discounts for seniors and disabled riders provided by all South Bay cities transportation departments. Refer to Transportation section of this directory.

DISABILITIES

Sears Health & Wellness Catalog

800-326-1750

Offers variety of products for fitness and exercise, bathroom safety, foot care, bed and accessories, mobility, health and hygiene, and sight and hearing.

Website: www.SearsHealthandWellness.com

Senior Eye Care Program

800-222-3937

24 hours

Provides free eye health educational materials and access to medical eye care for persons 65 yrs. and older who have not been seen by an ophthalmologist in 3 or more years, and who have no eye care insurance.

Silver Cross Recycled and New Home Lifts

310-222-8710

2401 W. 208th St., Suite 9
Torrance, CA 90501

M-F, 8:30-5
Evenings/weekends by appt.

Provides lift and mobility devices for the physically disabled such as wheelchair, stair and bath lifts, patient lifts, ceiling mounted track systems for lifting and transport, scooters, ramps, elevators and dumbwaiters. Free in-home evaluation performed. Installation/removal service provided. Rentals are available for some lift systems. There is a repurchase plan for when a lift is no longer needed. Languages spoken: English, French, German and Chinese.

SmartHome

800-762-7846

16542 Millikan Ave.
Irvine, CA 92606

Many products for home automation such as remote controls for lighting, sound and temperature. Also has on-line Installer Referral Program to help find a local installer, if needed. Website: www.smarthome.com

DISABILITIES

St. Mary's Low Vision Center

562-491-9275

1055 Linden Ave.
Long Beach, CA 90813

M-F, 8-4:30
By Appointment only

Optical aids, reading devices, and training in activities of daily living.

Torrance Public Library

310-618-5959

Katy Geissert Civic Center Library

ASSIST- 310-618-5968

WOW- 310-618-5950

3301 Torrance Blvd.
Torrance, CA 90503

Provides library materials and services for individuals with sensory and physical/mobility disabilities through the ASSIST program. Many materials are also available through the library's home delivery program, Words on Wheels (WOW), for those unable to physically visit the library. The library has fully adjustable computer workstations with Internet access, magnification and text-to-speech software, a variety of input devices, a Portset reading machine that scans printed text and reads it aloud, video print (CCTV) and hand-held magnifiers, and mobility devices (scooter, walker, wheelchair). Large print books, books-on-tape and CD, closed captioned, descriptive videos, and DVDs are also available. The library's website, www.library.torrcnet.com is accessible 24 hours/day.

Wardrobe Wagon

800-992-2737

P.O. Box 35
South Hadley, Massachusetts 01075

M-F, 9-4 EST

Adaptive traditional clothing and footwear made for individuals with special needs.
Website: www.wardrobewagon.com

Westside Center for Independent Living (WCIL)

310-390-3611

12910 Venice Blvd.
Los Angeles, CA 90066

M-F, 9-5

Bilingual counseling, case management, information and referrals for disabled and elderly. Services on a sliding scale.

DISCOUNTS

AARP

866-448-3615

National Headquarters
601 E. St. N.W.
Washington, DC 20049

AARP Purchase Privilege Program. Discounts on hotels, motels, car rentals, auto and homeowner's insurance, dental and life insurance, roadside assistance, motor club, and pharmacy services. Must be a member of AARP.

AARP programs:

Dental Insurance Plan-----866-583-2092	Legal Services Network -----866-330-0753
Driver Safety Program -----888-227-7669	Medicare Rx Plan -----888-556-7977
Federal Legislative Hotline --800-826-8683	Medicare Supplemental
Health Care Options -----866-270-8022	Insurance -----866-270-8022

ADVANTAGE Program

310-517-4666

Torrance Memorial Medical Center
3330 Lomita Blvd.
Torrance, CA 90505

M-F, 8:30-5

Free network of health and wellness services for people 50 and older. Members receive discounts on select health education services and wellness classes, free van transportation to and from Torrance Memorial for outpatient care, discounted van transportation to and from adjacent doctor's offices, and a 10% discount at all hospital cafes and eateries.

Animal Birth Control

310-539-3112

1950 Pacific Coast Hwy.
Lomita, CA 90717

M-Th, 8:30-1

Discount for animal neuter services. Call for information.

DISCOUNTS

Animal Licenses

310-618-5830

City of Torrance
Revenue Department

One free dog license if individual qualifies for City Utility User's Tax Exemption. Total income may not exceed \$26,000 per year. Must be 62 yrs. or older, or permanently disabled. Dog must be spayed or neutered to qualify.

Del Amo Pharmacy

310-543-1331

21320 Hawthorne Blvd.
Torrance, CA 90503

M-F, 9-6:30

Discounts for seniors on prescriptions, vitamins, and over the counter medications. Durable medical goods and equipment available. Most medical insurances accepted. Free delivery in surrounding area.

Fox Drug of Torrance

310-328-7244

1327 El Prado Ave.
Torrance, CA 90501

M-F, 9-6:30
Sat., 10-5

Family owned and operated "Good Neighbor Pharmacy" for over 20 years. Accepts most insurance plans, including Medi-Cal and Medicare. Stocks a wide variety of merchandise, medical safety and bathroom equipment. Provides payment of utilities, money orders, Western Union, UPS shipping, faxing and a copy machine. Dollar Day section and a monthly flyer with special pricing of merchandise. Local prescription delivery within a 3-mile radius.

Harbor Park Golf Course

310-549-4953

1235 N. Figueroa Pl.
Wilmington, CA 90744

M-F, 6 a.m. until dark

\$40 for one-year membership, \$100 for 3 yrs. plus green fees for ages 65 years or older.

DISCOUNTS

Homeowners Property Tax Assistance Program

800-868-4171

Franchise Tax Board

Rebate program available for low-income seniors 62 years and/or permanently disabled or blind. Call for income guidelines or to request forms.

Kovacs-Frey Pharmacy

310-371-7541

2860 Artesia Blvd.
Redondo Beach, CA 90278

M-F, 9-6
Sat, 10-3

10% discount for seniors on wheelchairs, walkers, scooters, lift chairs, and bathroom safety as well as incontinence supplies. Medicare and Medi-Cal billing available.

Partnership for Prescription Assistance

888-477-2669

A free or low cost service connecting qualifying low income California residents with discount prescription drugs through public or private programs.
Website: www.pparx.org.

Postal Solutions

310-371-7184

4733 Torrance Blvd.
Torrance, CA 90503

M-F, 8 - 7
Sat, 9 -5

UPS, Fax, Fed Ex, U.S. Mail services, mail boxes, packing, moving supplies. Seniors 55 yrs. and older receive 10% off moving supplies and packaging services. Notary service is \$10 per signature.

Public Transportation

South Bay Region

Discounts for seniors and disabled riders provided by all South Bay cities transportation departments. Refer to Transportation category of this directory.

DISCOUNTS

Southern California Edison Co.

800-447-6620

Care Program

Discounts of 20% for low income. For 1-2 persons with total income not to exceed \$29,300. Call for details.

Rx Care Pharmacy

310-370-7483

19000 Hawthorne Blvd., #302
Torrance, CA 90503

M-F, 10-6:30

Discount of 10% for seniors age 65 or older on prescriptions, over-the-counter and durable medical goods. All insurance plans, Medicare and Medi-Cal accepted. Free delivery in South Bay.

The Remedy Pharm

310-375-0655

23811 Hawthorne Blvd.
Torrance, CA 90505

M-F, 9:30-6
Sat, 10-3

Offers 10% discount to seniors on prescriptions not covered by insurance and includes nutritional supplements and over the counter vitamins. Rents or sells durable medical equipment such as walkers, canes, wheelchairs, crutches and bathroom aids. Stocks surgical hose, orthopedic supports, mastectomy supplies, incontinence products and wound care items. Smaller items of first aid supplies available. Specializes in compounding medications in different forms for special medical needs. Delivery service in the Torrance area with free delivery to seniors in nursing homes and assisted care facilities.

Universal Lifeline Telephone Service

SBC/AT&T
Verizon

800-310-2355
800-483-4000

A discounted residential telephone service is available to those who meet low-income limits and other restrictions. Call for details.

DISCOUNTS

Utility Users Tax Exemption (Torrance)

310-618-5830

M-F, 7:30-5:30

Torrance residents; 62 years and/or permanently disabled, income not to exceed \$26,000 and head of household. Forms at Focal Point on Aging, phone: 310-320-1300. If help needed to complete form, call Debbie (310-781-7605) or go to Torrance City Hall, Business License Dept.

EDUCATION

ADVANTAGE Program

310-517-4666

Torrance Memorial Medical Center
3330 Lomita Blvd.
Torrance, CA 90505

M-F, 8:30-5

Membership is free. Health-related resources and services for people 50 and over. Health education lectures and wellness programs include Aging Well consultation, fall prevention, gentle exercises, mature driver safety, Medicare (HICAP) counseling, advance directives and information and referral to community resources for seniors.

American Red Cross

310-225-2900

1995 W. 190th St., Suite 100
Torrance, CA 90503

M-F, 8:30-5

CPR, First Aid, emergency preparedness information and disaster services training. Information and education on health related subjects. Has a certified nursing assistant training program. Located next to Courtyard Marriott in Business Park.

Anderson Park Senior Center

310-318-0650

New Beginnings after Stroke
Anderson Park
3007 Vail Ave.
Redondo Beach, CA 90278

Classes to stimulate motor skills as well as stroke client support groups. Call for further information.

Beach Cities Health District

310-374-3426

Ext. 110

(Ask for Officer of the Day)

514 N. Prospect Ave.
Redondo Beach, CA 90277

M-F, 8:30-5

Case management for older adults and disabled living in Hermosa, Manhattan, and Redondo Beach. Programs include: peer counseling, friend-to-friend visits, fitness and wellness classes, and support groups.

EDUCATION

Behavioral Health Services - Medicine Education Program

310-679-9035

15519 Crenshaw Blvd.
Gardena, CA 90249

M-F, 8:30-5

Education program for older adults on the proper use of medication. Speakers also available.

Consumer Health Information (CHIPS)

562-868-4003

12350 N. Imperial Hwy
Norwalk, CA 90650

M-F, 8 -5

Consumer health information on programs and services. Library does research upon request.

El Camino College

310-660-6460

16007 Crenshaw Blvd.
Torrance, CA 90506

M-F, 8-4

Community education classes not for college credit. Call for schedule.

Elderhostel

877-426-8056

11 Avenue de Lafayette
Boston, MA 02111-1746

M-F, 9-6 EST

Educational programs for senior citizens who want to develop new interests and travel in the U.S.A. and throughout the world. Website: www.elderhostel.org

Griffith Adult Center

310-533-4454

Ext. 8300

2291 Washington Ave.
Torrance, CA 90501

Information and referral for adult education classes in the Torrance Unified School District.

EDUCATION

Hamilton Adult Education Center

310-533-4459

Ext. 8400

2606 W. 182nd St.
Torrance, CA 90504

Courses in English as a second language, citizenship and computer courses, etc.

Hull Adult Education Center

310-533-4689

Ext. 8200

2080 W. 231st St.
Torrance, CA 90501

Center of Older Adult Programs including computer classes. Call for class schedule.

Little Company of Mary Solutions Center

800-618-6659

4101 Torrance Blvd.
Torrance, CA 90503

M-F, 7:30-6

Provides information on programs and services offered by LCM hospitals in Torrance and San Pedro. This includes physician referral, education programs, as well as brochures on a variety of health-related topics.

Long Beach City College (Senior Studies Program)

562-938-3047

1305 E. Pacific Coast Highway, Room FF108
Long Beach, CA 90806

M-Th., 8-3

Fri., 8-1

Offers courses specifically designed for the needs and interests of mature students 60 years and older. Courses include art, language, computers, music, consumer studies, literature, current events, and physical fitness.

EDUCATION

Los Angeles Harbor College

310-233-4000

1111 Figueroa Pl.
Wilmington, CA 90744

M-Th, 8-7
F, 8-4

Two-year community college. Also offers extension program (non-credit). The Silver Learning program is a collection of courses especially designed for adult learners with convenient day time hours and discounted prices. Students are able to take a variety of fun and useful workshops while meeting others with similar interests.

Narbonne High School

310-257-7191

24300 S. Western Ave.
Harbor City, CA 90710

M-Th, 2-9

Computer and computer repair classes for seniors.

Omnilore CA State University, Dominguez Hills

310-540-6011

P.O. Box 7000
Redondo Beach, CA 90277

“Learning in Retirement” organization affiliated with division of extended education of CA State University. Study groups at the Franklin Center, 840 Inglewood Ave., Redondo Beach.

South Bay Literacy Council

310-373-7003

Hillside Village
24586 Hawthorne Blvd., Suite #111
Torrance, CA 90505

M-Th, 10-4

Teaches adult students 18 yrs. and older to read, write and speak English. Service is free. The Council also teaches basic literacy to native-born students. Will train prospective tutors. Knowledge of another language or teaching degree not necessary.

EDUCATION

Southern California Regional Occupational Ctr. (SCROC)

310-224-4200

2300 Crenshaw Blvd.
Torrance, CA 90501

Occupational training center for specific fields providing job preparation and employment assistance in the community. Call for brochure of classes.

The Wellness Community

310-376-3550

Pier Plaza
109 W. Torrance Blvd., Suite 100
Redondo Beach, CA 90277

M-F, 9-5

A free program offering a wide range of support groups and educational programs for cancer patients and their loved ones. No charge for any services or program. Serves South Bay area and Long Beach.

Torrance Memorial Medical Center – Health Links

310-325-9110

Ext. 4225

3330 Lomita Blvd.
West Tower, 1st floor
Torrance, CA 90505

M-F, 9-5
most Sat., 11-1

Health related resource center staffed by knowledgeable health education personnel. Provides information about Torrance Memorial and a variety of services including physician referral and class registration. Assistance with medical resource computers, reference materials, community information and physician referral to medical experts. Free health and resource packets available on a variety of topics.

UCLA Center on Aging

310-794-0676

10945 Le Conte Ave., Suite 3119
Los Angeles, CA 90095-6980

M-F, 8-5

Senior Scholars Program encourages life-long learning by inviting older adults to audit undergraduate courses. Limited partial fee waivers available based on financial need. Now offering memory training – practical activities to enhance memory ability. Website: www.aging.ucla.edu.

EMERGENCY SHELTER/FOOD PROGRAMS

211 L.A. County (formerly Info Line)

211

L.A. County

24 hours

Provides resources for emergency food and assists homeless persons access to shelters year round for Los Angeles and surrounding areas.

Harbor Gateway/Torrance Outreach

310-320-9727

Normandale Recreation Center
22400 S. Halldale Ave.
Torrance, CA 90501

9:30-11:00 a.m.
Last Tuesday of month

Provides food items for low-income seniors, homeless, and low-income families the 2nd and 4th Tuesdays of the month 9:30-11:00 a.m. Services the communities of Torrance, Lomita, Gardena, and Carson.

Harbor Interfaith

310-831-0603

670 W. 9th St.
San Pedro, CA 90731

Emergency shelter, food, and transitional housing for homeless and working poor. Once a week Food Stamp applications are processed. For food stamps eligibility, call the Family Resource Center at 310-831-9123.

Calvary Assembly of God (His Helping Hand)

310-326-2757

25501 Oak St.
Lomita, CA 90717

Surplus food distribution for the needy on Thursday evenings 6-7 p.m.

His House (Salvation Army)

310-782-8841

20830 S. Vermont Ave.
Torrance, CA 90502

Provides meals and groceries to homeless and referral to shelters.

EMERGENCY SHELTER/FOOD PROGRAMS

House of Yahweh

310-675-1384

4046 W. Marine
Lawndale, CA 90260

Emergency food distribution.

Love Inc.

310-831-5683

P.O. Box 6442
San Pedro, CA 90734

M, 9-12
Tu-F, 9-5

Emergency food delivery 1-3 months only.

Public Social Services, Department of

323-549-7655

923 E. Redondo Blvd.
Inglewood, CA 90302

M-F, 8-5

Provides a homeless assistance program for low-income individuals. Will refer applicants to temporary shelter (hotel). Other programs are rental assistance (security deposit), utility connection fees and emergency food stamps. Must have California identification and social security number or birth certificate. Languages spoken are English, Spanish, Armenian, Filipino, Korean, and Cambodian. Services people in Inglewood, Lennox, Los Angeles, Gardena, Redondo Beach and Torrance.

EMPLOYMENT

Department of Rehabilitation

310-516-3705

649 E. Albertoni St., Suite 100
Carson, CA 90746-1568

Assists Californians with disabilities obtain and retain employment and maximize their abilities to live independently in their communities. Offers vocational rehabilitation preparing individuals for employment and can include training, education, transportation, and job placement. Other office locations: Gardena, phone 310-715-3900, Lawndale, phone 310-793-1157, and Long Beach, phone 562-422-8325.

Enrichment Through Employment

310-328-0706

1840 W. 220th, Suite 310
Torrance, CA 90501

M-F, 8:30-5

Help with job placement for persons suffering from chronic mental illness.

Gardena One-Stop Employment

310-217-9579

16801 S. Western Ave., Suite A
Gardena, CA 90247

M-F, 8-3:45

Offers a job-training program designed to give workers on the job experience and provide employers trained, pre-screened employees.

Southern California Regional Occupational Ctr. (SCROC)

310-224-4200

2300 Crenshaw Blvd.
Torrance, CA 90501

M-Th, 7:30 a.m.- 8 p.m.
F, 7:30 a.m. - 4:45 p.m.

Vocational training programs providing job preparation and employment assistance in the community. Call for brochure of classes.

EMPLOYMENT

Westside Center for Independent Living (WCIL)

310-390-3611

12901 Venice Blvd.
Los Angeles, CA 90066

M-F, 9-5

Must have physical or mental disability. Bilingual counseling, case management, and information and referral.

FINANCES

211 L.A. County (formerly Info Line)

211

L.A. County

24 hours

Offers services and resources in money management.

ByDesign Financial Solutions

800-750-2227

6001 Washington Blvd., 2nd floor
Los Angeles, CA 90040

M-F, 8-5

Formerly Consumer Credit Counseling Service of L.A. Counseling for budgeting, money management, debt, internet counseling, default prevention, educational workshops and reverse mortgage help. Appointments required. English and Spanish spoken. Non-profit.

Consumer Credit Counseling Service of L.A. See ByDesign Financial Solutions

Credit Reporting Agencies

Phone

Equifax
P.O. Box 740241
Atlanta, GA 30374-0241

800-525-6285

Experian
P.O. Box 2002
Allen, TX 75013

888-397-3742

Trans Union
P.O. Box 1000
Chester, PA 19022

800-916-8800

Love Inc.

310-831-5683

PO Box 6442
San Pedro, CA 90734-6442

M, 9-noon
Tu-F, 9-5

Group of church volunteers assist with many home services including utility bills, rental assistance, etc. Call for further information.

FINANCES

Public Social Services, Department of

562-908-8400

888-944-4477

M-Th, 7-6:30

Administrative Offices
12820 Crossroads Pkwy. South
City of Industry, CA 91746

Provides financial assistance for basic needs: food, housing, general relief, in-home care, and/or medical assistance. Handles applications for food stamps and Medi-Cal.

HEALTH ORGANIZATIONS

<u>Alcoholics Anonymous</u>	800-923-8722
<u>Alzheimer's Association</u>	800-272-3900
<u>American Brain Tumor Association</u>	800-886-2282
<u>American Cancer Society</u>	800-227-2345
<u>American Chronic Pain Association</u>	800-533-3231
<u>American Council of the Blind</u>	800-424-8666
<u>American Diabetes Association</u>	800-232-3472
<u>American Dietetic Association</u>	800-366-1655
<u>American Heart Association</u>	800-242-8721
<u>American Lung Association</u>	800-586-4872
<u>American Paralysis Association</u>	800-225-0292
<u>American Speech, Language and Hearing Association</u>	800-638-8255
<u>American Stroke Association</u>	800-553-6321
<u>American Trauma Society</u>	800-556-7890
<u>American Urological Association Foundation</u>	800-242-2383

HEALTH ORGANIZATIONS

<u>Amyotrophic Lateral Sclerosis Association (ALS)</u>	800-782-4747
<u>Anemia Foundation</u>	800-522-7222
<u>Arthritis Foundation</u>	800-954-2873
<u>Asthma and Allergy Foundation of America</u>	800-727-8462
<u>Brain Injury Association of America</u>	800-444-6443
<u>Epilepsy Foundation</u>	800-332-1000
<u>Hospice Foundation of America</u>	800-854-3402
<u>Huntington Disease Society of America</u>	888-443-7252
<u>International Hearing Society</u>	800-521-5247
<u>Los Angeles Caregiver Resource Center</u>	800-540-4442
<u>Mental Health America (National Mental Health Assn.)</u>	800-969-6642
<u>Muscular Dystrophy Association</u>	888-435-7632
<u>National Alliance for the Mentally Ill</u>	800-950-6264
<u>National Association for Continence</u>	800-252-3337
<u>National Family Caregivers Association</u>	800-896-3650

HEALTH ORGANIZATIONS

<u>National Headache Foundation</u>	800-843-2256
<u>National Hospice and Palliative Care Organization</u>	800-658-8898
<u>National Institute of Mental Health</u>	866-615-6464
<u>National Institute of Neurological Disorders and Stroke</u>	800-352-9424
<u>National Kidney Foundation</u>	800-747-5527
<u>National Mental Health Association</u>	800-969-6642
<u>National Multiple Sclerosis Society</u>	800-344-4867
<u>National Osteoporosis Foundation</u>	800-223-9994
<u>National Parkinson's Foundation</u>	800-522-8855
<u>National Spinal Cord Injury Association</u>	800-962-9629
<u>National Stroke Association</u>	800-787-6537
<u>Stroke Association of Southern California</u>	310-575-1699

HEALTH SERVICES

ADVANTAGE Program

310-517-4666

Torrance Memorial Medical Center
3330 Lomita Blvd.
Torrance, CA 90505

M-F, 8:30-5

Free network of health-related resources and services for people 50 and older. Fitness and wellness programs, health education, and caregiver support. A free Physician Referral service to South Bay doctors in general practice as well as specialists. For referral call 310-517-4700 between 8:30 a.m. and 5:00 p.m., Monday through Friday.

American Cancer Society

800-227-2345

310-348-0356

5731 W. Slauson Ave., Suite 200
Culver City, CA 90230

M-F, 9-5

Information and referral support. Transportation to and from medical facility, one-on-one visitor program for breast and prostate cancer patients. Call for skin cancer screening. Patient education and cancer prevention programs. Phone number can be used for any and all cancer questions 24 hrs/day, 7 days/week. Office in Gardena is located at 1875 W. Redondo Beach Blvd., Suite 204. , 310-768-2012.

American Red Cross

310-225-2900

1995 W. 190th St., Suite 100
Torrance, CA 90504

M-F, 8:30-5

CPR and First Aid. Emergency preparedness information. Disaster services training as well as certified nursing assistant training. Located next to Courtyard Marriott in Business Park.

Beach Cities Health District

310-374-3426

Ext. 110

(Ask for Officer of the Day)

514 N. Prospect Ave., 3rd floor
Redondo Beach, CA 90277

M-F, 8:30-5

Case management for older adults and disabled living in Hermosa, Manhattan, and Redondo Beach. Programs include: peer counseling, friend-to-friend visits, fitness and wellness classes and support groups.

HEALTH SERVICES

Cancer Resource Center

310-517-4665

Torrance Memorial, West Tower
Torrance, CA 90505

M-F, 8-4:30

Offers cancer information and education to patients, their families and the community. Helps patients identify resources and sort through information about treatment options. Pamphlets, brochures, and videotapes available at no cost. Free van transportation to the Center.

Health Care Partners Medical Group

310-214-0811

19601 Mariner Ave.
Torrance, CA 90503

M-F, 8-5

Teaches gentle exercises to increase joint flexibility, muscle strength and overall physical endurance. Seminars on diabetes, weight control, cholesterol, stress, and blood pressure. Call for class appointments. 310-371-0813, Ext. 35070 or 35057

Health Fair (City of Redondo Beach Senior and Family Services)

310-318-0650

320 Knob Hill
Redondo Beach, CA 90277

Annual fall health screening program includes hearing tests, blood pressure checks, flu shots, eye exams and other various screenings. Call for date.

HICAP (Health Insurance Counseling)

800-824-0780

520 Lafayette Park Pl., #214
Los Angeles, CA 90057

M-F, 9-12, 1-3

Health insurance counseling, advice on HMO's, and Medi-Cal appeals. Compares private and Medicare supplemental plans. For appointment call Torrance Memorial Hospital, ADVANTAGE Program, 310-517-4666.

HEALTH SERVICES

L.A. County Public Health Dept.

310-354-2300

Torrance Health Center
711 Del Amo Blvd.
Torrance, CA 90502

M-F, 7-5:30

Immunizations, TB skin tests and communicable disease clinic. Nurses on call. Sub-Center in Wilmington located at 1325 Broad Ave., phone: 310-518-8801. Hours of operation are: M-F, 7:30-5 and Saturday, 9-1 p.m. Family practice nurses available.

Little Company of Mary Solutions Center

800-618-6659

4101 Torrance Blvd.
Torrance, CA 90503

M-F, 7:30-6

Provides information on programs and services offered by LCM hospitals in Torrance and San Pedro. This includes physician referral, education programs, as well as brochures on a variety of health-related topics.

Silver Cross Recycled and New Home Lifts

310-222-8710

2401 W. 208th St., Suite 9
Torrance, CA 90501

M-F, 8:30-5
Evenings/weekends by appt.

Provides lift and mobility devices for the physically disabled such as wheelchair, stair and bath lifts, patient lifts, ceiling mounted track systems for lifting and transport, scooters, ramps, elevators and dumbwaiters. Free in-home evaluation performed. Installation/removal service provided. Rentals are available for some lift systems. There is a repurchase plan for when a lift is no longer needed. Languages spoken: English, French, German and Chinese.

HEALTH SERVICES

South Bay Family Health Care Center

310-802-6170

2114 Artesia Blvd.
Redondo Beach, CA 90278

M, W, F, 8-5
T, Th, 8-6

Non-emergency general medical services including routine physicals and exams, screenings, diagnosis and treatment of acute illnesses, detection and monitoring of chronic illness such as diabetes, hypertension and asthma. Accepts persons who are uninsured or under-insured, Medi-Cal and immigrants. Clinic in Gardena at 742 W. Gardena Blvd. and 1091 La Brea Ave, Inglewood, 90302 (same phone number). General dental (fillings and cleanings) and Pediatrics.

South Bay Home Health Care

310-618-9555

1349 El Prado
Torrance, CA 90501

M-F, 9-6
Sat, 10-3

Medical supplies, equipment rental and repairs. Custom wheelchairs. Customer service can provide referrals to grab bar installers. Senior discount given. For emergency service (oxygen patients) after hours, call 800-464-3258.

The Wellness Community

310-376-3550

Pier Plaza
109 W. Torrance Blvd., Suite 100
Redondo Beach, CA 90277

M-F, 9-5

A free program offering a wide range of support groups and educational programs for cancer patients and their loved ones. No charge for any services or programs. Serves South Bay cities.

HEALTH SERVICES

Torrance Memorial Medical Center – Health Links

310-325-9110

Ext. 4225

M-F, 9-5

Most Sat., 11-1

3330 Lomita Blvd.
West Tower, 1st floor
Torrance, CA 90505

Health related resource center staffed by knowledgeable health education personnel. Provides information about Torrance Memorial and a variety of services including physician referral and class registration. Assistance with medical resource computers, reference materials, community information and physician referral to medical experts. Free health and resource packets available on a variety of topics. Health related lectures the third Wednesday of each month with hours 9-7.

Torrance Memorial Medical Center – Woman to Woman Image Enhancement

310-517-4660

3330 Lomita Blvd.
West Tower, 1st floor
Torrance, CA 90505

By Appointment

Free confidential consultation provided for women to learn techniques to enhance their appearance during and after hair loss usually as a result of chemotherapy. Support services include: demonstration and experience with hats, scarves, turbans and wigs, and community resources.

HOSPICE

Hospice Foundation of America

800-854-3402

1621 Connecticut Ave. NW, Suite 300
Washington, DC 20009

M-F, 9-5 EST

A non-profit organization that promotes hospice care and works to educate professionals and the families they serve with issues relating to care giving, terminal illness, loss, and bereavement. Website: www.hospicefoundation.org

The Gathering Place

310-374-6323

514 N. Prospect Ave., Suite 115
Redondo Beach, CA 90277

M-F, 9-5

Grief and bereavement support for those experiencing a loss, either through death of a loved one or a life-changing event. Support groups for children, teens, and adults. Provides referrals to other community programs. Minimal fee.

Torrance Memorial Home Health and Hospice

310-784-3739

3330 Lomita Blvd., Building 1 South
Torrance, CA 90505

M-F, 8-5

Support to entire family when patient is terminally ill. Doctor referral. Accepts Medicare and Medi-Cal.

Trinity Care Hospice

310-530-3800

2601 Airport Dr., #230
Torrance, CA 90505

M-F, 8-5

Doctor referral, Medicare certified, and accepts Medi-Cal and private insurance. Hospice service for patients of all hospitals. Bereavement support for patients and family. Specialty programs for the Hispanic community.

HOSPICE

VITAS Health Care Corp.

310-324-2273

990 W. 190th St., #120
Torrance, CA 90502

M-F, 8-5

Provides a positive presence with terminally ill patients and bereavement support for their families. Accepts Medicare and Medi-Cal. In home or in care center setting.

HOSPITALS

Del Amo Hospital

310-530-1151

23700 Camino Del Sol
Torrance, CA 90505

Psychiatric hospital treating all age groups.

Harbor-UCLA Medical Center

310-222-2345

1000 W. Carson St.
Torrance, CA 90509

Kaiser Permanente Harbor City

310-325-5111

25825 S. Vermont Ave.
Harbor City, CA 90710

Little Company of Mary Hospital

310-540-7676

4101 Torrance Blvd.
Torrance, CA 90503

Little Company of Mary San Pedro Hospital

310-832-3311

1300 W. 7th St.
San Pedro, CA 90732

Memorial Hospital of Gardena

310-532-4200

1145 W. Redondo Beach Blvd.
Gardena, CA 90247

Torrance Memorial Medical Center

310-325-9110

3330 Lomita Blvd.
Torrance, CA 90505

HOSPITALS

Vista Hospital of South Bay

310-323-5330

1246 W. 155th St.
Gardena, CA 90247

HOTLINE NON-URGENT

211 L.A. County (formerly Info Line)

211

L.A. County

24 hours

Data bank offering services and resources dealing with: mental health, education, housing, disabilities, health, legal assistance, abuse, nutrition, consumer services, crisis intervention, financial assistance, and shelters.

ADT Security Services

800-238-2727

877-204-9836

21171 S. Western Ave.
Torrance, CA 90501

24 hours

Personal response system features a wireless, waterproof "help" button giving emergency assistance 24hrs/day. Can be worn as necklace or wristband.

Bodyguard I.D. Tags, LLC

800-383-7790

3958 Black Horse Place
Mays Landing, NJ 08330

Complete line of engraved bracelets and necklaces identifying those with special medical conditions. With each order an identification card is provided for the wallet or purse. Bodyguard is a member of the American Diabetes Association.
Website: www.medicalidtags.com.

ByDesign Financial Solutions

800-750-2227

6001 Washington Blvd., 2nd floor
Los Angeles, CA 90040

M-F, 8-5

Formerly Consumer Credit Counseling Service of L.A. Counseling for budgeting, money management, debt, internet counseling, default prevention, educational workshops and reverse mortgage help. Appointments required. English and Spanish spoken. Non-profit.

California Voter's Assistance Hotline

800-345-8683

HOTLINE NON-URGENT

Consumer Credit Counseling Service of L.A. See ByDesign Financial Solutions

Department of Managed Health Care

888-466-2219

California HMO Help Center

24 hrs.

Assistance for consumers unsuccessful with appealing to their health plan. This department can help resolve problems with HMO's including issues about medical care, prescriptions, preventive testing, and mental health services.

Website: www.hmohelp.ca.gov

Direct Link

310-316-3568

3820 Del Amo Blvd., Ste. 236
Torrance, CA 90503

24 hours

Personal response system providing a small, wireless button worn around the neck or wrist and when activated will get immediate help from a professional staff. This program can also include additional emergency call buttons strategically located throughout the home for those critical times when a person is not wearing the button. In addition, Direct Link can provide a person with added help in case of a break-in while home alone.

Emergency Response Systems

ADT Security Services 800-238-2727
Direct Link 310-316-3568
LifeFone 800-882-2280
Lifeline 800-451-0525
Rescue Alert of CA Inc. 866-774-9600

Gentle Transitions

800-619-3049

310-937-1023

1726 Manhattan Beach Blvd., Suite G
Manhattan Beach, CA 90266

M-F, 9-5

Helps plan, coordinate and supervise all aspects of a move from researching new residences to hiring a mover. Bonded, insured, and references provided.

HOTLINE NON-URGENT

Hazardous Waste Recycling (L.A. County)

888-253-2652

Home Improvement Program - Torrance

310-618-2731

3031 Torrance Blvd.
Torrance, CA 90503

Home repair for qualified low -income homeowners or disabled persons living in their own homes. For those who rent, limited services such as grab bar installation may be available only when the owner grants permission for repair. Torrance residents only. Those living east of Western Ave. are not eligible. To qualify: non- Social Security income per month must not exceed \$816 for 1 person and \$1100 for 2 people. Type of jobs performed: small amount of plumbing, electrical work, repair wooden fences, installation of bars or ramps for the disabled, roof repair, sprinkler system repair, and appliance repair. Contact person is Fred Griffin (voice mail).

L.A. County Registrar Recorder

800-201-8999

County Clerk Office

M-F, 8-5

Recorded information on obtaining birth, death, marriage certificates, record real estate transactions, real estate records, and business filings and records. Nearest office to the South Bay: LAX Courthouse, 11701 S. La Cienega Blvd., 6th floor, Los Angeles, CA 90045, phone 310-727-6142. Hours: M-F, 8:30-4:30.

LifeFone

800-882-2280

Personal response service providing a medical alert necklace and bracelet pendant button that is lightweight and waterproof. Technicians dispatch emergency medical services and call family members, neighbors and physician. LifeFone customizes the response to a persons needs. Help is available 24/7.

HOTLINE NON-URGENT

Lifeline

800-451-0525

111 Lawrence St.
Framingham, MA 01702

M-F, 8:30-5:15 EST

Emergency button activates a speakerphone and dials Lifeline. Response is within 3 minutes or less. A person can be heard usually from any room in the house, or about 150 feet from the phone. If help is needed a specified neighbor or the paramedics will be called.

Medi-Cal Information

562-908-8400

M-F. 8-5

A state and federally funded program providing health insurance to persons with low income who meet eligibility requirements. Operated by the Department of Public Social Services.

Medic Alert Foundation

800-432-5378

2323 Colorado Ave.
Turlock, CA 95382

24 hours

Engraved jewelry identifying medical condition with emergency help 24 hours a day.
Call for brochure.

Medicare Information

800-633-4227

General Medicare information including: enrollment, Medicaid programs for low income, billing information, ordering of Medicare publications, drug and health plan choices.
Website: www.medicare.gov

National Council on Alcoholism and Drug Dependence

310-328-1460

1334 Post Ave.
Torrance, CA 90501

M-F, 8:30-5:15

Non-profit agency offering services either free or on a sliding scale.

HOTLINE NON-URGENT

National Fraud Information Center

800-447-8477

HHS Tips Fraud Hotline
P.O. Box 23489
Washington, D.C. 20026

M-F, 8-5:30 EST

Provides information, referral service and assistance in filing complaints. Also provides information on telemarketing and internet fraud.

Public Social Services, Department of

562-908-8400

888-944-4477

Administrative Offices
12820 Crossroads Pkwy. South
City of Industry, CA 91746

M-Th, 7-6:30

Provides services to residents in need of financial assistance to meet their basic needs for food, housing, childcare, in-home care, and/or medical assistance. Programs include in home services, food stamps, Medi-Cal, and general relief.

Rescue Alert of CA, Inc.

866-774-9600

P.O. Box 450
Trabuco Canyon, CA 92678

24 hours

A personal emergency system providing help and communication to individuals who live alone. Rescue Alert provides 24 hr. contacts with medical professionals and emergency services.

Social Security Administration

800-772-1213

310-326-0207

22600 Crenshaw Blvd.
Torrance, CA 90505

M-F, 9-4

Information and referral. Handles Social Security benefits, Medicare, SSI, retirement, survivors and disability insurance.

HOTLINE NON-URGENT

Southern California Gas Co.

800-427-2200

24 hours

Furnace repair or replacement for low-income seniors. Call for safety inspections and repairs. For weatherization call 800-331-7593.

HOTLINE/URGENT

211 L.A. County (formerly Info Line)

211

L.A. County

24 hours

Information and referral on General Relief Aid to families with dependent children, food stamps, emergency shelter, Medi-Cal, and other forms of financial assistance. For faster service call before 8:30 a.m. or after 4:30 p.m.

Abuse Hotline

800-978-3600

Nationwide

24 hours

In an Emergency, call 911

Deals with domestic violence. Choice of languages: English, Spanish, Korean, Mandarin, Vietnamese, and Cantonese.

Adult Protective Services

888-202-4248

Assists elderly and dependent adults who are endangered due to unsafe living conditions, neglect, and physical or financial abuse. Serves L.A. County. After hours call: 800-992-1660.

Center for the Pacific-Asian Family

800-339-3940

24 hours

Hotline for survivors of domestic violence and sexual abuse. Victim advocacy, professional counseling, sexual assault hospital accompaniment, emergency and transitional shelter available. 24 hr. confidential hot line.

Elder Abuse Hotline

800-992-1660

Emergency: 911

24 hrs

Verbal harassment, threats or other forms of intimidation behavior directed at an elderly person and dependent disabled adults, in addition to any physical or financial abuse. Takes reports of financial, physical abuse and neglect, as well as verbal harassment or threats. For physical emergencies dial 911.

HOTLINE/URGENT

Eviction Defense Hotline

213-487-7609

Legal Aid Foundation, housing/eviction defense office helps low-income tenants stay in their homes when they are being evicted unfairly.

Family Crisis Center

310-370-5902

24 hrs

Crisis intervention, counseling, shelters for battered women.

Fraud Hotline

L.A. Police Dept., Harbor Division

Bunco/Forgery 213-485-4137

Can contact the local Police Department for assistance.

Identity Theft Hotline

877-438-4338

Identity Theft Clearing House

Federal Trade Commission

600 Pennsylvania Ave. NW

Washington, DC 20580

Provides victims of identity theft with specific information about how to try to prevent additional harm to their finances and credit histories.

Long Term Care Ombudsman

800-334-9473

M-F, 8-5

Facility abuse investigates complaints on behalf of residents in nursing homes, board and care homes, and convalescent hospitals.

Medi-Cal Fraud Hotline

800-822-6222

HOTLINE/URGENT

Medicare Fraud Hotline

800-447-8477

Inspector General's Office

M-F, 8-5:30, EST

Poison Control Center

800-876-4766

Rainbow Services

310-547-9343

24 hrs

Battered women services. 24 hr bilingual (Spanish) advocacy, counseling, support groups, and shelter emergencies.

Social Security Fraud Hotline

800-269-0271

Suicide Prevention Center

877-727-4747

24 hours

24-hour telephone support system and referral network for callers in need or crisis. Survivors group and Speakers Bureau.

HOUSING NON-SUBSIDIZED

All of Us Enterprises

310-680-9031

11813 Acacia Ave.
Hawthorne, CA 90250

20 one-bedroom units, 55 yrs. and older and accepts disabled.

All of Us Enterprises

310-680-9031

12119 Grevillea Ave.
Hawthorne, CA 90250

15 one-bedroom units, 55 yrs. and older and accepts disabled.

All of Us Enterprises

310-680-9031

4354 116th St.
Hawthorne, CA 90250

10 one-bedroom units, 55 yrs. and older and accepts disabled.

Camino Village Senior Complex

310-835-1899

21735 S. Main St.
Carson, CA 90745

44 one-bedroom units, 55 yrs. and older.

Carson Terrace Senior Apartments

310-835-0969

632 E. 219th St.
Carson, CA 90745

63 one-bedroom units, 62 yrs. and older and 55 yrs. for disabled.

HOUSING NON-SUBSIDIZED

Coleman Court

310-212-5898

1421 Cravens Ave.
Torrance, CA 90501

79 one-bedroom units, 62 yrs. and older and accepts handicapped 62 yrs. and older.

Don Apartments

310-549-3338

105 East I Street
Wilmington, CA 90744

57 one-bedroom units. Applicants must be 55 yrs. and older. Accepts disabled.

Harmony Court Apartments

310-214-1416

4502 186th St.
Redondo Beach, CA 90278

187 units. One and two bedrooms, 62 yrs. and older, and accepts disabled 62 yrs. and older.

Heritage Point

310-318-8418

1801 Aviation Way
Redondo Beach, CA 90278

135 units, one and two bedrooms, 62 yrs. and older.

Manhattan Village Senior Villas

310-546-4062

1300 Park View Ave.
Manhattan Beach, CA 90266

104 one-bedroom units, 55 yrs. and older.

HOUSING NON-SUBSIDIZED

Mobile Homes Assn.

310-530-2610

Mobile homes in mobile home parks are a low cost housing alternative. Debbie Vicars, President of Knolls Lodge/Manor Homeowners Assn. can advise on mobile homes in general.

Ocean Terrace

310-373-0903

3851 226th St.
Torrance, CA 90505

36 one-bedroom units, 62 yrs. and older and accepts disabled 62 yrs. and older.

Roland R. Mindeman Senior Residence

310-318-2827

125 W. Beryl
Redondo Beach, CA 90277

44 one-bedroom units, 4 two-bedrooms, 1 efficiency for 62 yrs. and older. Water and gas paid.

Ross Manhattan Terrace

310-545-5063

3400 Valley Drive
Manhattan Beach, CA 90266

48 one-bedroom units, water paid, 55 yrs. and older and accepts disabled.

Seaside Villa

310-376-9363

319 N. Broadway St.
Redondo Beach, CA 90277

Seven one-bedroom units, 62 yrs. and older. Appointment needed to see apartments.

HOUSING NON-SUBSIDIZED

Seasons Senior Apartments

310-374-6664

109 S. Francisca Ave.
Redondo Beach, CA 90277

120 units, one and two bedrooms accepting 55 yrs. and older.

Southwood Mobile Estates

310-345-8915

20550 Earl St.
Torrance, CA 90503

50 spaces. No age restrictions. One and two bedroom rental units. Accepts disabled.

HOUSING, SUBSIDIZED

Avalon Courtyard

310-522-9858

22121 S. Avalon Blvd.
Carson, CA 90745

Accepts L.A. County Vouchers only. 91 one-bedroom units, 62 yrs. and older and accepts disabled 62 yrs. and older.

Bayside Terrace

310-832-4926

860 W. 5th St.
San Pedro, CA 90731

Accepts Section 8 vouchers. 99 one-bedroom units, 55 yrs. and older and accepts disabled.

Camino Village Senior Complex

310-835-1899

21735 S. Main St.
Carson, CA 90745

Accepts L.A. County Section 8 Vouchers. 44 one-bedroom units, 55 yrs. and older.

Carson Garden Retirement Apts.

310-518-2790

21811 S. Main St.
Carson, CA 90745

Section 8 building administered by management. 99 one-bedroom units, 62 yrs. and older, and accepts disabled 62 yrs. and older.

Carson Terrace Senior Apartments

310-835-0969

632 E. 219th St.
Carson, CA 90745

Accepts Section 8 vouchers. 63 one-bedroom units, 62 yrs. and older, and accepts disabled 55 yrs. and older.

HOUSING, SUBSIDIZED

Casa De Los Amigos

310-376-3457

123 S. Catalina Ave.
Redondo Beach, CA 90277

M-F, 8:30-4:30

HUD and Section 8 housing. Section 8 building administered by management and also accepts vouchers. 136 one-bedroom units. One meal served daily, 62 yrs. and older and disabled.

Coleman Court

310-212-5898

1421 Cravens Ave.
Torrance, CA 90501

Section 8 vouchers accepted. 79 one-bedroom units, 62 yrs. and older and accepts disabled 62 yrs. and older.

Don Apartments

310-549-3338

105 East I Street
Wilmington, CA 90744

Section 8 vouchers accepted. 57 one-bedroom units. Applicants must be 55 yrs. and older. Accepts disabled.

Gardena Valley Towers

310-217-1320

1715 W. 158th St.
Gardena, CA 90247

HUD, 80 one- bedroom units, 62 yrs. and older and accepts mobility impaired.

Harbor Towers

310-831-8981

340 S. Mesa St.
San Pedro, CA 90731

Section 8 building administered by management. Does not accept vouchers. 180 one-bedroom units, 62 yrs. and older and independent living.

HOUSING, SUBSIDIZED

Harmony Court Apartments

310-214-1416

4502 186th St.
Redondo Beach, CA 90278

Section 8 vouchers accepted. 187 units, one and two bedroom units, 62 yrs. and older and accepts disabled 62 yrs. and older.

Heritage Point

310-318-8418

1801 Aviation Way
Redondo Beach, CA 90278

Section 8, 135 units with one and two bedrooms, 62 yrs. and older.

JCI - Japanese Cultural Institute Gardens

310-515-3642

2000 W. 162nd St.
Torrance, CA 90504

Section 8 administered by management. 100 units, ages 62 yrs. and older and accepts disabled 62 yrs. and older.

Kiwanis Gardens

310-325-5310

25109 Ebony Lane So.
Lomita, CA 90717

Section 8 building administered by management. Does not accept vouchers. 67 units for 62 yrs. and older and accepts disabled.

Lomita Manor

310-325-7110

24925 Walnut St.
Lomita, CA 90717

Subsidized, 73 one- bedroom units, 4 two-bedroom units, 62 yrs. and older and/or disabled. Administered by the County of Los Angeles. Call Lomita City Hall, 310-325-7110.

HOUSING, SUBSIDIZED

Los Angeles County Housing Authority

800-731-4663

12131 Telegraph Rd.
Santa Fe Springs, CA 90670

Operates housing units for low-income seniors and disabled throughout the county.

Meadow Lark Manor

310-532-8310

17150 S. Park Lane
Gardena, CA 90247

HUD, 74-one-bedroom units, 62 yrs. and older and accepts disabled.

Ocean Terrace

310-373-0903

3851 W. 226th St.
Torrance, CA 90505

Section 8, 36 one-bedroom units, 62 yrs. and older and accepts disabled.

Seaside Villa

310-376-9363

319 N. Broadway St.
Redondo Beach, CA 90277

Section 8 building administered by management. Vouchers not accepted. 39 one-bedroom units, 62 yrs. and older. Appointment needed to see apartments.

Seasons Senior Apartments

310-374-6664

109 S. Francisca Ave.
Redondo Beach, CA 90277

Section 8, 30 units, one and two bedrooms accepting 55 yrs. and older.

HOUSING, SUBSIDIZED

South Bay Co-op

310-644-1102

800-500-7725

M-F, 9-12 noon

4716 W. 153rd Pl.
Lawndale, CA 90260

HUD, 56 efficiency and one bedroom units, 62 yrs. and older and has 6 units for mobility impaired.

South Park Manor

310-327-9919

17100 S. Park Lane
Gardena, CA 90247

HUD, 126 one-bedroom units, 62 yrs. and older and accepts disabled.

Telacu Senior Housing

310-675-8288

13000 Doty Ave.
Hawthorne, CA 90250

Section 8 building administered by management. Vouchers not accepted. 75 one-bedroom and studio units, 62 yrs. and older/ or disabled.

Torrance Housing Office

310-618-5840

Torrance City Hall
3031 Torrance Blvd.
Torrance, CA 90503

M-F, 7:30 a.m. - 9 a.m.
2 p.m. - 5:30 p.m.

For recorded information on Torrance housing, call 310-618-2713. To qualify for Section 8 Rental Assistance the gross income limits by family size are as follows: 1 person \$26,550, 2 persons \$30,300, 3 persons \$34,100, and 4 persons \$37,900.

Villagio Apartments

310-847-7737

555 E. Carson St.
Carson, CA 90745

Accepts L.A. County Vouchers only. 12 one-bedroom and 12 two-bedroom units for 55 yrs. and older, and 2 two bedroom units for disabled.

IDENTIFICATION

Alzheimer's Association

323-938-3379

5900 Wilshire Blvd., Suite 1100
Los Angeles, CA 90036

M-F, 8:30-5

Provides identification products such as engraved identification bracelet or necklace, iron-on clothing labels, etc. Requires enrollment in "Medic Alert +Safe Return" program.

Bodyguard I.D. Tags, LLC

800-383-7790

3958 Black Horse Place
Mays Landing, NJ 08330

Complete line of engraved bracelets and necklaces identifying those with special medical conditions. With each order an identification card is provided for the wallet or purse. Bodyguard is a member of the American Diabetes Association.
Website: www.medicalidtags.com.

Medic Alert Foundation

800-432-5378

2323 Colorado Ave.
Turlock, CA 95382

M-F, 6 a.m. - 7 p.m.
Sat., 8-5

Engraved jewelry identifying medical condition with emergency help 24-hours/day. Call for brochure.

Motor Vehicles, Department of, (DMV)

800-777-0133

1785 W. 220th St.
Torrance, CA 90501

Identification cards, licensing of drivers and vehicles. To schedule a non-drive test appointment and renew vehicle registration call 800-921-1117.

IN-HOME SERVICES

DISCLAIMER

The following providers are listed here as referrals only, and are not to be considered as a recommendation. Focal Point at the Russ Nolte Annex of the Bartlett Senior Citizens Center assumes no liability in regard to this list of referrals. We suggest that you or a friend carefully investigate the resources.

Adia

310-374-3674

866-686-3674

M-F, 8-5

514 N. Prospect Ave., Suite 120 LL
Redondo Beach, CA 90277

Provides companionship, transportation, meal preparation, light housekeeping, medication reminder and computer assistance. Care giving for those with Alzheimer's, Parkinson's, sight impairments, cancer, strokes and other chronic illnesses. Requires 3-hour minimum, short-term care to 24/7 or live-ins. Insured, licensed and bonded. Languages spoken: Chinese, Japanese, Korean, Italian, French, and Spanish.

ALLPOINT Home Health

310-441-2009

M-F, 8-6

Provides medical and non-medical in-home care from 4-24 hrs/day. Staff includes nurses, physical, occupational, and speech therapists, medical social workers, dieticians, certified home health aides and in-home companions. Areas served include South Bay, San Gabriel and San Fernando. Languages spoken: Spanish, Portuguese and Tagalog.

Always Right Home Care

310-316-8343

3838 Carson St., Suite 314
Torrance, CA 90503

Provides CNA's, certified home health aides, companion services, light housekeeping, shopping, respite care and transportation to doctor's office from 4 to 24 hrs, 7 days a week. Employees are covered by Workers Compensation, bonded and insured. Quality care at affordable rates. Serves Los Angeles, South Bay, San Fernando and San Gabriel Valley.

IN-HOME SERVICES

Charlie's Barber Shop

310-618-0529

1919 W. Carson St.
Torrance, CA 90501

T, W, Th, F, 7-5
Sat., 6:30-4

Haircuts for shut-ins on Mondays, 8-4. Serves South Bay. Call for appointment. Will do some nursing home haircuts on Monday.

ComForcare Senior Services

310-539-6187

26302 S. Western Ave., Suite 10
Lomita, CA 90717

M-F, 9-5:00

Provides non-medical in-home care that includes companionship, homemaking, meal preparation, medication reminders, safety supervision, Alzheimer care, bathing, local transportation, respite care and 24 hr. live-in. Will do direct insurance billing.

Comfort Keepers

310-325-6500

25124 Narbonne Ave., Suite 102
Lomita, CA 90717

M-F, 9-5

Provides meal preparation, light housekeeping, errand services, grooming and dressing guidance, laundry services, emergency monitoring systems, 24-hr. live-in care, bathing, mobility, toileting, feeding, special diet and meal preparations. Serves South Bay area.

Dynamic Nursing and Home Care Services

424-247-1222

3655 Torrance Blvd., 3rd floor
Torrance, CA 90503

M-F, 8:30-5

Provides skilled nursing, certified nurses aides, physical, occupational and speech therapies. Homemaker services include companion and personal care, meal preparation and light housekeeping. Requires 4 hr. minimum. Medicare/Medi-Cal certified; accepts all insurance companies. Spanish and Tagalog spoken. Serves LA County.

IN-HOME SERVICES

Greater South Bay Home Health, Inc.

310-329-4835

680 Knox St., Suite 125
Torrance, CA 90502

M-F, 9-5:30

Provides skilled nursing, home health aides, companion services, case management, physical, occupational, and speech therapies, and medical social worker. Medicare, Medical certified and accepts Worker's Compensation, private insurance/HMO, veteran's benefits, and self-pay. Spanish and Tagalog also spoken.

Hair Is Us

310-378-3327

4172 Pacific Coast Highway, #105
Torrance, CA. 90505

7 days, 9-7

Beauty services, cuts, permanents, etc. in the home on Mondays and Tuesdays, 10-2.
Call for appointment.

Home Helpers

310-316-3568

P.O. Box 241
Redondo Beach, CA 90277

M-F, 9-5

Provides personalized care, companionship, assistance with meals, light housekeeping, transportation, and errand services tailored to meet personal requirements. Specializes in taking care of the elderly and people recovering from illness. Licensed and bonded with a 4-hour minimum for care.

Home Improvement Program - Torrance

310-618-2731

3031 Torrance Blvd.
Torrance, CA 90503

Home repair for qualified low -income homeowners or disabled persons living in their own homes. For those who rent, limited services such as grab bar installation may be available only when the owner grants permission for repair. Torrance residents only. Those living east of Western Ave. are not eligible. To qualify: non- Social Security income per month must not exceed \$816 for 1 person and \$1100 for 2 people. Type of jobs performed: small amount of plumbing, electrical work, repair wooden fences, roof repair, and installation of bars or ramps for the disabled. Contact person is Fred Griffin (voice mail).

IN-HOME SERVICES

Home Instead Senior Care

310-542-0563

After hours phone - 310-408-9905

3825 Del Amo Blvd., Suite 104
Torrance, CA 90503

M-F, 8:00-5

Providing companionship, meal preparation, light housekeeping, laundry, assistance with bathing and personal care, errands and incidental transportation from 4 hours to 24 hrs, 7 days a week. Caregivers receive extensive training including caring for persons with Alzheimer's. Quality assurance program in place. Accepts long-term care insurance policies. Serving the South Bay and Marina del Rey areas. Bonded and insured. Website: www.homeinstead.com.

Homewatch CareGivers

866-608-9500

M-F, 7-7

Sat, Sun., 9-5

Companion services: meal planning and preparation, housekeeping, laundry, errands, transportation to dr. appointments, and medication reminders. Personal care: bathing, dressing assistance, incontinence care and checking vital signs. Client hours of service 3 hr. to 24/7. Background check on employees; safe, reliable and experienced. Services the South Bay. Bonded and insured.

Little Company of Mary Home Health

310-370-5895

3551 Voyager St., Suite 201
Torrance, CA 90503

M-F, 8-5

Doctor referral only for intermittent care by RN and LVN nurses. Provides case management, physical, occupational and speech therapies. Accepts Medicare and Medi-Cal. Bilingual.

Love Inc.

310-831-5683

P.O. Box 6442
San Pedro, CA 90734-6442

M, 9-12 noon

T-F, 9-5

Shopping for homebound, long-term food assistance programs, auto and appliance repair, tutoring, yard work, companionship, and counseling. Resource referrals.

IN-HOME SERVICES

Maxim Companion Services

310-532-1668

866-401-5583

1515 W. 190th St., Suite 156
Gardena, CA 90248

M-F, 8-6
24/7 on call

Provides non-medical assistance in the home that includes personal care, light housekeeping, meal preparation, transportation, medication reminders, running errands and companionship. Services require no hourly minimum. Geographic area served is South Bay and Long Beach. Spanish, Tagalog, Italian and Japanese spoken. Bonded and insured.

Oxford Services

310-538-5400

2171 Torrance Blvd., Suite 6
Torrance, CA 90501

24 hours

Companion care, homemaker services, 1 hr. bath visit, 2 hr. home aide visit, 24 hr. live-in, and respite care. Caregivers, CNA's, LVN's, and RN's. Serves the South Bay. Spanish and Tagalog also spoken.

Physicians Choice

310-793-1616

3625 Del Amo Blvd., Suite 390
Torrance, CA 90503

M-F, 9-5

Case management and home health care services with intermittent care providing companion care, 1-2 hr. home visits, skilled nursing, private duty, medical social services, and rehabilitation therapy. Agency accepts Medicare, Medi-Cal, insurance and private pay patients.

South Bay Senior Services

310-325-2141

2510 W. 237th St., #204
Torrance, CA 90505

M-F, 8:30-5

Case management linking frail seniors to services that will help them remain in their home. Non-profit professional attendant registry. Makes referrals of qualified workers who do light housekeeping, companion care, cooking, and other support services for the seniors. Also information and referrals for South Bay seniors.

IN-HOME SERVICES

Torrance Memorial Home Health

310-784-3739

3330 Lomita Blvd.
Torrance, CA 90505

M-F, 8-5
Sat., 8-12

Case management coordinating service of RN's, therapists, and home health aids as well as coordinating care with hospital discharge planners. Special programs include Oncology and Cardiac Care, Wound and Burn Care, and Intravenous Program. Medicare accepted. By referral only.

Westside Center for Independent Living (WCIL)

310-390-3611

12901 Venice Blvd.
Los Angeles, CA 90066

M-F, 9-5

Must have physical or mental disability. Case-management, information and referrals, bilingual. Serves Westside and South Bay. Services on a sliding scale.

INSURANCE

ADVANTAGE Program

310-517-4666

Torrance Memorial Medical Center
3330 Lomita Blvd.
Torrance, CA 90505

M-F, 8:30-5

Free network of health-related resources and services for people 50 and over. Free Medicare insurance consultation with a trained HICAP volunteers to assist with questions related to Medicare, Medicare supplement plans, Medicare HMO's, or prescription drug plan selection.

California Department of Insurance

800-927-4357

300 S. Spring St., South Tower
Los Angeles, CA 90013

M-F, 8-5

Consumer hot-line providing brochures on all types of insurance. Hot line for reporting fraud and injustices.

HICAP (Health Insurance Counseling)

800-824-0780

520 Lafayette Park Pl., #214
Los Angeles, CA 90057

M-F, 9-12, 1-3

Health insurance counseling, advice on HMO's. Assistance with medical claims, appeals, and comparison of private and medical supplement plans. Only by appointment at Torrance Memorial Hospital, ADVANTAGE Program, 310-517-4666.

HMO's – Medicare (LA County)

Phone

Aetna Golden Medicare	800-832-2640
Blue Cross Senior Secure	888-230-7338
Blue Shield 65+	800-776-4466
California Medicare Advantage	888-494-8280
Health Net Medicare Programs	800-275-4737
Kaiser Permanente Senior Advantage	800-777-1238
SCAN Health Plan for Seniors	800-559-3500
Secure Horizons	800-228-2144
Care 1st Health Plan	800-544-0088

INSURANCE

Medi-Cal Information

562-908-8400

M-F, 8-5

A state and federally funded program providing health insurance to persons with low income who meet eligibility requirements. Operated by the Department of Public Social Services.

Medicare Rights Center Appeals Hotline

888-466-9050

M-F, 9-5 EST

Medicare Information

800-633-4227

General Medicare information including: enrollment, Medicaid programs for low income, billing information, ordering of Medicare publications, and health plan choices.
Website: www.medicare.gov

Medigap Insurance, AARP

800-523-5800

Provides AARP products such as travel insurance, pharmacy information on drug benefits, Part D. Website: www.aarp.org.

LEGAL

American Civil Liberties Union

213-977-9500

Ext. 253

1313 West 8th St..

Los Angeles, CA 90017

M-F, 9-5

Information and handles cases involving civil rights and liberties. For legal intake call 213-977-5253. Website: www.aclu-sc.org

Asian Pacific American Legal Center

213-977-7500

1145 Wilshire Blvd.

Los Angeles, CA 90017

M-F, 9-6

Assistance with citizenship, housing, domestic violence civil legal problems. Languages spoken are Chinese, Japanese, Korean, Tagalog, Vietnamese, and English. Hotline: 800-520-2356. Cambodian hotline: 800-867-3126 Vietnamese hotline: 800-267-7395 Korean hotline: 800-867-3640 Chinese hotline: 800-520-2356

Bartlett Senior Citizens Center

310-320-5918

1318 Cravens Ave.

Torrance, CA 90501

M-Sat, 8-4

Sun, 12:30-4

Free legal advice available on the second Tuesday of each month at 2 p.m. Call for appointment. Bring all paper work regarding issue of discussion.

Bet-Tzedek Legal Services

323-939-0506

145 S. Fairfax, Suite 200

Los Angeles, CA 90036

M-F, 9-5

Legal team visits and assists needy people age 60 yrs. and older who reside in the South Bay. Appointments can be made at the following Senior Centers:

Gardena, 310-217-9552

Hawthorne, 310-349-1650

Wilmington, 310-518-4533

LEGAL

Bureau of Citizenship and Immigration Service (USCIS)

800-375-5283

300 N. Los Angeles St.
Los Angeles, CA 90012

M-F, 8-6

Immigrant problems regarding residence, obtaining U.S. citizenship or naturalization. Call for fees and appointments. To request forms call 800-870-3676. Part of Homeland Security. Website: www.uscis.gov.

California Advocates for Nursing Home Reform

800-474-1116

650 Harrison St., 2nd floor
San Francisco, CA 94107

M-F, 9-5

Legal referrals for residents, rights violations, Medi-Cal, conservator ships, estate planning, wills, trusts, durable power of attorney, and pension rights. Website: www.canhr.org

Consumer Affairs - L.A. County

310-325-1035

24340 S. Narbonne Ave.
Lomita, CA 90717

Tu, Th, 8:30-4:30

Landlord and tenant rights, consumer complaints, identity theft, and adult protective service. For urgent calls: 800-593-8222. Assistance with small claims applications are at the County Courthouse, 825 Maple, Torrance, Thursday, 9-4pm.

Disability Rights Legal Center

213-736-1334

919 Albany St.
Los Angeles, CA 90015

The Disability Rights Legal Center (formerly the Western Law Center for Disability Rights) provides legal and other assistance to the Southern California community, focusing on disability related issues. Cases handled include disability civil rights issues, legal issues faced by individuals with cancer, mediation of disputes involving disability issues and lawyer referral services.

LEGAL

Dispute Resolution Service

213-896-6533

L.A. Bar Association
261 S. Figueroa St., #310
Los Angeles, CA 90012

M-F, 9-5

Low cost or no cost mediation services. Helps with landlord-tenant, employer-employee, neighbor-to-neighbor, family, divorce, and consumer-merchant disputes. An alternative to court action. Website: www.lacba.org/drs.

Eldercare Locator

800-677-1116

M-F, 9-9 EST

Puts callers in touch with information about local and state offices on aging.
Website: www.eldercare.gov

H.E.L.P.

310-533-1996

1404 Cravens Ave.
Torrance, CA 90501

M-F, 9-5

Non-profit education and counseling center that provides impartial information to older adults and their families on a number of issues on eldercare, law and finance.
Website: www.help4srs.org.

Herma Tillim Senior Center

310-329-1889

3614 W. Artesia Blvd.
Torrance, CA 90504

Tu, W, Th, 9-4

Free legal advice available 4th Wednesday each month: 12 noon - 1 p.m. By appointment only. Bring necessary paper work for issue of discussion.

LEGAL

HICAP (Health Insurance Counseling)

800-824-0780

520 So. Lafayette Park Pl., #214
Los Angeles, CA 90057

M-F, 9-12, 1-3

Health insurance counseling, advice on HMO's, assistance with Medi-Cal claims, appeals, private and Medicare supplemental plans. By appointment at Torrance Memorial Hospital, ADVANTAGE Program, 310-517-4666.

Immigration Legal Assistance Project

213-485-1872

300 N. Los Angeles St., Rm. 3107
Los Angeles, CA 90012

M-F, 8-12, 1-3

Immigration matters.

Legal Advice

310-320-5918

Torrance Senior Centers

Bartlett: 2nd Tuesday, 2 p.m. Call for appointment, 310-320-5918

Tillim: 4th Wednesday, 12-1pm. Call for appointment, 310-329-1889.

Legal Aid Foundation of L.A.

800-399-4529

323-801-7991

1550 W. 8th St., 2nd Fl.
Los Angeles, CA 90017

M-F, 9-5

Free legal services in civil law for low-income clients in LA County. Housing/eviction defense office helps low-income tenants stay in their homes when they are being evicted unfairly. Eviction Defense Hotline: 213-487-7609. Call for appointment.
Website: www.lafla.org

LEGAL

Protection and Advocacy, Inc. (PAI)

800-776-5746

Los Angeles Legal Office
3580 Wilshire Blvd., Suite 902
Los Angeles, CA 90019

Provides legal help for people with disabilities. Website: www.pai-ca.org

Public Counsel

800-870-8090

213-385-2977

610 S. Ardmore Ave.
Los Angeles, CA 90005

M-F, 9-12:30,
1:30-5:15

Primarily for Los Angeles, political asylum, child advocacy and care, consumer fraud, conservatorship, guardianships, and homelessness for minors. Call for appointments; no walk-ins accepted. Website: www.publiccounsel.org.

Senior Legal Hotline

800-222-1753

515 12th St.
Sacramento, CA 95814

M-F, 9-12, 1-4
Th. until 7 p.m.

A non-profit agency providing free legal advice, assistance and education for seniors residing in California and are 60 yrs. and older regardless of income. Assistance in all areas of civil law including: Social Security, SSI, wills/trusts/probate, family law, powers of attorney, consumer issues, elder abuse and grandparent rights. Questions can be submitted at www.seniorlegalhotline.org. Spanish spoken.

South Bay Bar Assn. Attorney Referral Service

310-787-9184

M-F, 9-5

Referrals to local attorneys. Lawyers are available to talk to clients at no charge on the 1st and 3rd Wednesdays of each month, 1:30-4 pm at Torrance Superior Court, Room 160.

LEGAL

South Bay Center for Dispute Resolution

310-376-7007

1015 4th Street
Hermosa Beach, CA 90254

Offers a variety of alternative dispute resolution services including conciliation, mediation, and group facilitation. Conflict resolution techniques are used to prevent, manage, settle and resolve disputes. Types of disputes include neighbors, landlord/tenants, business, consumer, domestic, homeowners associations and workplace. Serves South Bay and is free to Torrance residents.

State Bar of California

800-843-9053

1149 S. Hill St.
Los Angeles, CA 90015

Takes complaints only.

LEGISLATION

Barbara Boxer, US Senator, California

213-894-5000

312 N. Spring St., Suite 1748
Los Angeles, CA 90012

112 Hart Senate Office Building, Washington, D.C. 20510, Phone 202-224-3553
Website: www.boxer.senate.gov

California Senior Legislature

310-316-1013

1104 Barbara St.
Redondo Beach, CA 90277

Julia Rosenberg works with regular elected legislature and represents older Californians in Los Angeles County preserving and enhancing their quality of life.

Congress of California Seniors

800-543-3352

1230 N Street, Suite 201
Sacramento, CA 95814

An education and advocacy organization devoting their efforts to legislative and consumer affairs dealing with issues concerning older adults.

Diane Feinstein, US Senator, California

310-914-7300

11111 Santa Monica Blvd., Suite 915
Los Angeles, CA 90025

331 Hart Senate Office Building, Washington, D.C. 20510-0504, phone 202-224-3841.
Website: www.feinstein.senate.gov

LEGISLATION

Don Knabe, County Supervisor 4th District

213-974-4444

822 Hall of Administration
500 W. Temple St.
Los Angeles, CA 90012

4th District covers all of South Bay. Steve Napolitano is local representative, Torrance office 310-222-3015. County Court House, 825 Maple, Room 150, Torrance, CA 90503. Fax 310-320-4058.

Jane Harman, Congresswoman 36th District

310-643-3636

2321 Rosecrans Ave., Suite 3270
El Segundo, CA 90245

2400 Rayburn Office Bldg, Washington, DC 20515, Phone: 202-225-8220
Website: www.house.gov/harman.

Jenny Oropeza, State Senator, 28th District

310-318-6994

2512 Artesia Blvd., Suite 200
Redondo Beach, CA 90278

28th District includes both the 53rd and 55th Assembly Districts. Represents city of Torrance. State Capitol, Room 4074, Sacramento, CA 95814
Website: www.dist28.casen.govoffice.com/

League of Women Voters, Torrance

310-618-8711

P.O. Box 964
Torrance, CA 90508

Non-partisan organization providing study groups and voter services to promote political responsibility through informed and active participation of citizens in government.

LEGISLATION

Ted Lieu, Assemblyman 53rd District

310-615-3515

500 Center St.
El Segundo, CA 90245

Capitol Office, State Capitol, P.O. Box 942849, Sacramento, CA.94249-0053
Phone: 916-319-2053. Represents the city of Torrance.
E-mail: assemblymember.lieu@assembly.ca.gov.

Torrance City Hall

310-618-2801

3031 Torrance Blvd.
Torrance, CA 90503

Mayor and City Council members.

LIBRARIES

Braille Institute

800-808-2555

741 N. Vermont Ave.
Los Angeles, CA 90029

M-F, 8:30-5

Free complete service center for the visually impaired. Talking books. All ages accepted.
Website: www.brailleinstitute.org.

Carson Public Library (County)

310-830-0901

151 East Carson St.
Carson, CA 90746

El Segundo Public Library

310-524-2722

111 W. Mariposa Ave.
El Segundo, CA 90245

Gardena Public Library (County)

310-323-6363

1731 W. Gardena Blvd.
Gardena, CA 90247

Closed until August 2008

Harbor Gateway Branch Library, Harbor City

310-534-9520

24000 S. Western Avenue
Harbor City, CA 90710

Program for training senior citizens to read to children; call for days of training sessions.

Hawthorne Wiseburn Public Library (County)

310-643-8880

5335 W. 135th St.
Hawthorne, CA 90250

LIBRARIES

Hawthorne Public Library (County)

310-679-8193

12700 Grevillea Ave.
Hawthorne, CA 90250

Hermosa Beach Public Library (County)

310-379-8475

550 Pier Ave.
Hermosa Beach, CA 90254

Lawndale Public Library (County)

310-676-0177

14615 Burin Ave.
Lawndale, CA 90260

Lennox Public Library (County)

310-674-0385

4359 Lennox Blvd.
Lennox, CA 90304

Lomita Public Library (County)

310-539-4515

24200 Narbonne Ave.
Lomita, CA 90717

Manhattan Beach Public Library (County)

310-545-8595

1320 Highland Ave.
Manhattan Beach, CA 90266

Palos Verdes - Malaga Cove Plaza Library

310-377-9584
Ext. 550

2400 Via Campesina
Palos Verdes Estates, CA 90274

LIBRARIES

Palos Verdes - Miraleste Library

310-377-9584
Ext. 452

29089 Palos Verdes Drive East
Rancho Palos Verdes, CA 90275

Palos Verdes - Peninsula Center Library

310-377-9584

701 Silver Spur Rd.
Rolling Hills Estates, CA 90274

Redondo Beach - Main Library

310-318-0675

303 N. Pacific Coast Highway
Redondo Beach, CA 90277

Redondo Beach - North Branch Library

310-318-0677

2000 Artesia Blvd.
Redondo Beach, CA 90278

San Pedro Regional Branch Library (L.A. City)

310-548-7779

931 S. Gaffey St.
San Pedro, CA 90731

Torrance - El Retiro Branch Library

310-375-0922

126 Vista Del Parque
Redondo Beach, CA 90277

M-Th, 11-8
Sat, 10-5

Torrance - Henderson Branch Library

310-371-2075

4805 Emerald Ave.
Torrance, CA 90503

M-Th, 11-8
Sat, 10-5

LIBRARIES

Torrance Public Library

310-618-5959

Katy Geissert Civic Center Library

3301 W. Torrance Blvd.
Torrance, CA 90503

M-Th, 10-9
Fri, 10-6
Sat, 10-5:30
Sun, 1-5

Reference and reader's advisory services; public information; literary and cultural programming; books (including large print format), magazines, government documents, audiovisual materials; Internet access; Interlibrary loan; and delivery service (WOW) for individuals with disabilities. For full description of services refer to Disabilities category.

Torrance - North Branch Library

310-323-7200

3604 Artesia Blvd.
Torrance, CA 90504

M-Th, 11-8
Sat, 10-5

Torrance - Southeast Branch Library

310-530-5044

23115 S. Arlington Ave.
Torrance, CA 90501

M-Th, 11-8
Sat, 10-5

Torrance - Walteria Branch Library

310-375-8418

3815 W. 242nd St.
Torrance, CA 90505

M-Th, 11-8
Sat, 10-5

Wilmington Branch Library (L.A. City)

310-834-1082

1300 N. Avalon Blvd.
Wilmington, CA 90744

MEALS AND NUTRITION

Bartlett Senior Citizens Center

310-320-5918

1318 Cravens Ave.
Torrance, CA 90501

M-F, 8-4

Hot lunch for adults 50 yrs. and older, M-F at 11:30. Reservations needed 24 hours in advance.

Calvary Assembly of God (His Helping Hand)

310-326-2757

25501 Oak St.
Lomita, CA 90717

Surplus food distribution for the needy on Thursday evening, 6-7 p.m.

First United Methodist Church

310-328-3242

1551 El Prado
Torrance, CA 90501

Hot meals served the 4th Saturday of the month at 11 a.m.

First United Methodist Church

310-372-8445

243 So. Broadway
Redondo Beach, CA 90277

Hot meals on Wednesday, 6-7 p.m.

Food Stamps

211

(Department of Public Social Services, L.A.
County)

24 hrs.

Offers services and resources for food assistance.

MEALS AND NUTRITION

Harbor Gateway/Torrance Outreach

310-320-9727

Normandale Senior Center
22400 S. Halldale Ave.
Torrance, CA 90501

Provides food items for low -income seniors, homeless over 18, as well as low-income families 2nd and 4th Tuesday of the month, 9:30-11:00 a.m. Services the communities of Torrance, Lomita, Gardena, Carson, and Harbor Gateway.

His House (Salvation Army)

310-782-8841

20830 S. Vermont Ave.
Torrance, CA 90507

Brown bag lunch M, Tu, Th, F, 9:00 a.m. - noon. Call first to verify hours (pending move). Bulk distribution to families and singles once a month. Hot meal, Monday 6 p.m. at St. Johns Lutheran Church in Gardena.

Hope In Action

310-374-4673

Hope Chapel
2420 Pacific Coast Highway
Hermosa Beach, CA 90254

Once a month food items distributed to South Bay residents including Inglewood, Hawthorne, Beach Cities, and Torrance. For church members food is available after services Friday at 7 p.m., Saturday at 6 p.m., Sunday at 8 a.m. and 10:45 a.m. Also on Mondays, 6:30-8 p.m., Wednesdays, 9 -12 and 1-4, and Friday, 9-12 and 1-4 p.m. Requires proof of residence. For non-church members once a month on Monday, 6:30-8 p.m., Wednesday and Friday's, 9-12 and 1-4 a free bag of food is given that will last a week. Requires proof of address in the South Bay to be eligible for free food.

House of Yahweh

310-675-1384

4046 W. Marine
Lawndale, CA 90260

After 10 a.m.

Emergency food distribution once a month. Home delivery for special needs. Food Outreach program – clients must qualify via personal screenings. Transitional housing for adults and families at an off site location.

MEALS AND NUTRITION

Japanese Cultural Institute (JCI)

310-324-6611

1964 W. 162nd St.
Gardena, CA 90247

Japanese lunch box, M-F, 11:45-12:30 requiring a 3-day notice. Cost - \$3.00

Love Inc.

310-831-5683

PO Box 6442
San Pedro, CA 90734-6442

M, 9 - 12 noon
Tu-F, 9-5

Emergency food delivery 1-3 months only.

Meals on Wheels

Carson – 310-835-0212, ext. 1487

El Segundo – 310-322-9033

Gardena – 310-217-9552

Harbor City – 310-518-4533

Hawthorne – 310-412-5338

Inglewood – 310-412-5338

Lawndale – 310-318-2827

Lennox – 310-412-5338

Manhattan, Redondo, Hermosa Beaches – 310-318-2827

Palos Verdes – 310-318-2827

San Pedro – 310-832-7335

Torrance/Lomita – 310-542-3434 (M-F, 8:30-2:00)

Wilmington – 310-518-4533

Hot meals delivered to homes of housebound seniors or disabled. Call for details.

MEALS AND NUTRITION

Normandale Senior Nutrition Program

310-328-3689

22400 Halldale Ave.
Torrance, CA 90501

Mon, Tues., Wed., and Fri. lunches served at 11:00 a.m. Sponsored by USDA. Donation of \$1.50 requested.

Salvation Army

310-318-2827

125 W. Beryl
Redondo Beach CA 90277

Delivers hot meals for those who cannot prepare for themselves. Service covers Beach Cities, Torrance (west of Hawthorne), Palos Verdes Peninsula and Lawndale. Special diets available. Hot meals during the week and frozen meals on weekends.

St. Andrews Episcopal Church

310-328-3781

1432 Engracia Ave.
Torrance, CA 90501

Hot meals, 3rd Saturday of the month.

St. Andrews Presbyterian Church

310-540-5252

301 Ave D
Redondo Beach, CA 90277

Brown bag lunch, Tues. and Thurs., 12 noon-1 p.m.

St. James Catholic Church

310-372-5228

415 Vincent St.
Redondo Beach, CA 90277

Sack lunch. M, W, F, 1 p.m.- 2 p.m. Part of "Feed the Needy" program.

MEALS AND NUTRITION

St. John Evangelical Lutheran Church

310-676-8804

14517 Crenshaw Blvd.
Gardena, CA 90249

Hot meal 6:30 p.m. on Mondays. Sunday, sack lunch 12:30; Wed., 6 pm, hot meal; Fri, 6 pm after Bible Study; 3rd Sat, 4pm – hot meal (September-April only)

St. Margaret Mary Catholic Church

310-326-3364

Ext. 15

25511 Eshelman Ave.
Lomita, CA 90717

Weekly distribution of food on Wednesday 8:30 – 10:30 a.m. Spanish also spoken.

St. Paul's United Methodist Church

310-370-4319

2600 Nelson Ave.
Redondo Beach, CA 90278

Hot supper served at church, Tuesday from 6-7 p.m. Food Pantry is 1st and 3rd Thursday 9-11:00 a.m.

Tree of Life

310-371-0411

2761 190th St.
Redondo Beach, CA 90278

Hot meals, Thursday 6-8pm. Food pantry last Friday of month.

YMCA

310-325-5885

Ext. 2732

2900 Sepulveda Blvd.
Torrance, CA 90505

Nutritious lunch for seniors 60 yrs. and older. Reservations required 24 hours in advance by 11 a.m. prior day. Also provided at Carson Community Center, M-F, 310-505-5253, Veterans Park Senior Center on Tuesday and Thursday, and Perry Park Senior Center, M, W, F, call for more information at 310-318-0650.

POLICE

Police Assistance

911 Emergency

Carson Sheriff's Office

310-830-1123

El Segundo Police

310-524-2760

Gardena Police

310-217-9670

Hawthorne Police

310-349-2700

Hermosa Beach Police

310-318-0360

Lawndale Police

310-219-2750

Lomita Sheriff

310-539-1661

Manhattan Beach Police

310-802-5140

Palos Verdes Estates Police

310-378-4211

Rancho Palos Verdes Police

310-539-1661

Redondo Beach Police

310-379-2477

Rolling Hills Estates Sheriff

310-539-1661

Torrance Police

310-328-3456

RETIREMENT

DISCLAIMER

The following providers are listed here as referrals only, and are not to be considered as a recommendation. Focal Point at the Russ Nolte Annex of the Bartlett Senior Citizens Center assumes no liability in regard to this list of referrals. We suggest that you or a friend carefully investigate the resources.

Belmont Village

310-377-9977

5701 Crestridge Rd.
Rancho Palos Verdes, CA 90275

24 hours

Assisted living community for adults 60 yrs. and older, providing personal care, medication management, fitness and social activities, transportation to and from doctors appointments, Circle of Friends, Memory Enhancement Program, physical therapy, private accommodations, chef prepared meals. Facility has an Alzheimer's unit, offers respite and hospice care, and a full time registered nurse on staff.

Brookdale Pacific Inn

310-543-1174

5481 W. Torrance Blvd.
Torrance, CA 90503

Accepts active adults 65 yrs. and older, providing studios, 1 and 2 bedrooms, 3 meals a day and weekly housekeeping. Staffing available 24 hours. Transportation for medical appointments and shopping.

California Registry

800-777-7575

Privately owned and licensed by State Department of Health Services. Provides information on short and long- term housing, Alzheimer's, assisted living, board and care, retirement, and nursing facilities. Free public service.

Canterbury Retirement Community

310-541-2410

5801 W. Crestridge Rd.
Rancho Palos Verdes, CA 90275

24 hrs
7 days

Retirement facility providing independent living, assisted living, and skilled nursing. Supervised activities and transportation for medical care.

RETIREMENT

Carson Senior Assisted Living Center

310-830-4010

345 E. Carson St.
Carson, CA 90745

24 hrs
7 days

Some SSI, 3 meals a day. Arbor Hall for Alzheimer's and dementia. Respite care available.

Concepts for Living

310-971-0085

800-414-4242

M-F, 8:30-5:30

Provides information and referral for seniors and families to retirement, independent and assisted living communities, Alzheimer's/dementia, and board and care homes. Accepts private pay and SSI and works closely with seniors and their families in assessing needs. Geographic area served: Los Angeles, Santa Barbara, Ventura Counties, Orange Counties, as well as San Gabriel Valley. Free to seniors and their families.

Connections Referral Service

800-330-5993

2658 Griffith Park Blvd., Suite 224
Los Angeles, CA 90039

M-F, 9-5

Provides information and referral on Alzheimer's, board and care, retirement, and skilled nursing homes. Licensed by the Department of Health Services. Service is free.

Elderlink

800-613-5772

310-450-1888

P.O. Box 5202
Santa Monica, CA 90409

M-F, 8-5

Licensed by the Department of Health Services. Provides referral for placement in Alzheimer's, assisted living, board and care, retirement, and skilled nursing facilities in California. Accepts private pay and works with Medi-Cal and SSI recipients. Emergency assistance available 24 hrs.

RETIREMENT

Gardena Retirement Center

310-327-4091

14741 South Vermont Ave.
Gardena, CA 90247

60 yrs. and older, providing 3 meals a day. Offers activities, outings, and exercise program. Will accept those using walkers and canes. Japanese arts and crafts. Serves Japanese and American food.

Harbor Terrace Retirement Center

310-547-0090

435 W. 8th St.
San Pedro, CA 90731

60 yrs. and older, providing 3 meals a day, utilities included. 96-person capacity. Studio and one bedroom. Ambulatory patients only. No wheelchairs. 24 hour full service and medical transportation provided.

Huntington Retirement Community

310-370-5828

20920 Earl St.
Torrance, CA 90503

60 yrs. and older and accepts handicapped. Provides 3 meals a day. Independent/assisted living as well as dementia, Alzheimer's and non-ambulatory. Social and recreational programs. No skilled nursing. Transportation to and from medical appointments and shopping. In-house beauty shop.

Palos Verdes Villa

310-547-9941

29661 S. Western Ave.
Rancho Palos Verdes, CA 90275

60 yrs. and older, with 73 private and semi-private rooms providing 24 hour care giving, assisted living, activities and 3 meals a day. Transportation to appointments. Accepts SSI. Ambulatory patients only.

RETIREMENT

Rosecrans Villa

310-675-9163

14110 Cordary Ave.
Hawthorne, CA 90250

60 yrs. and older, retirement and board and care providing 3 meals a day plus snacks. Accepts disabled and SSI. Transportation to and from medical appointments, art classes, adult education classes; drug and alcohol programs. Must be able to transfer from bed to wheelchair by themselves.

Spring Senior Assisted Living

310-370-3594

20900 Earl St.
Torrance, CA 90503

65 yrs. and older, retirement, assisted living, board and care providing 3 levels of care and 3 meals a day. Wheelchairs OK. Semi and private rooms. Transportation to appointments. No Alzheimer patients.

Sunnyside Retirement Center

310-320-3318

22711 S. Vermont
Torrance, CA 90502

60 yrs. and older, 70 semi and private rooms and provides assisted living and 3 meals a day. Does not accept Alzheimer patients or wheelchairs. Transportation, activities, and medication supervision.

Sunrise Assisted Living of Hermosa Beach

310-937-0959

1837 Pacific Coast Highway
Hermosa Beach, CA 90254

60 yrs. and older offering three levels of assisted living, three meals a day, laundry services, housekeeping, scheduled transportation, and care for persons with Alzheimer's disease or other types of memory impairment.

RETIREMENT

Villa Sorrento

310-539-6826

23450 Madison St.
Torrance, CA 90505

62 yrs. and older, and accepts SSI, 3 meals a day. 108 units, studio and 1-bedroom. No wheelchairs. Mild Alzheimer's/dementia accepted. Transportation and activities. Pets allowed.

Viva

800-934-8482

M-F, 9-5

Referral information for all levels of assisted living including board and care, retirement communities, and Alzheimer's homes in California. Free to seniors.

SENIOR CENTERS

Anderson Memorial Center

310-548-7596

828 S. Mesa St.
San Pedro, CA 90731

M-F, 8:30-5

Legal appointments, exercise classes, bingo, sewing, art classes and ceramics.
Applications for the City Ride program available. Hot lunches M-F 11:30, \$2.00

Bartlett Senior Citizens Center

310-320-5918

1318 Cravens Ave.
Torrance, CA 90501

M-Sat, 8-4
Sun, 12:30-4

M-F lunches for \$2 at 11:30 a.m., reservations are recommended. Open daily and provides a full range of program and services. Activities include special events and special interest classes; exercise classes, chair aerobics, bridge, canasta, pinochle, tap, line dancing, quarterly dances, shuffleboard, billiards, crafts, free movie matinees, knitting and crocheting workshop, ceramics and beadwork, lapidary and wire wrapping workshop, and free legal appointments.

Carson Senior Social Services

310-835-0212

801 E. Carson St.
Carson, CA 90745

Ext. 1775
M-F, 8 -5

Hot lunches Monday-Friday, reservations at 310-835-0212, Ext. 1487. Exercise classes, Polynesian, square and line dancing, monthly dances, bingo, tax help, Medicare advice, Stroke Center, legal referrals, geriatric aid program, senior clubs, Glee Club, Tai Chi, health programs and transportation.

Gardena Valley Japanese Cultural Institute

310-324-6611

1964 W. 162nd St.
Gardena, CA 90247

M-F, 9-5

Crafts, line dancing, ballroom dancing, martial arts, and adult school classes. Japanese language school on Saturday, 9 a.m. -12:30 p.m. Japanese box lunches, \$3.00. Reserve 3 days in advance. Eat in or at home.

SENIOR CENTERS

Hawthorne Senior Center

310-349-1650

3901 W. El Segundo Blvd.
Hawthorne, CA 90250

M-F, 9-2

Meals (\$2 donation) at 12 noon. Transportation, income tax help, canasta, ceramics, sewing, knitting, crocheting, oil painting, cards, bingo, legal appointments, dances, pool, and computer lab. Free monthly blood pressure checks. AARP driving class every 2 months; must register one week in advance. \$10 charge. Home owners/Renter Assistance July 1 – Oct. 15.

Herma Tillim Senior Center

310-329-1889

3614 W. Artesia Blvd.
Torrance, CA 90504

Tu, W, Th, 9-4

Bridge, pinochle, table games, bingo, crafts, dancercise, movie matinee, and legal appointments.

Joslyn Adult and Senior Center (El Segundo)

310-524-2705

339 Sheldon St.
El Segundo, CA 90245

M-Th, 8 a.m. - 9 p.m.
Fri, Sat, varies

Arts and crafts, quilting, stained glass, exercise classes, Saturday dances, bingo, pool, and movies on Thursdays. Monthly trips and potluck. Delivered meals (El Segundo residents only) by Outreach Program, 310-322-9033. Free Dial-a-Ride for El Segundo residents. Call for operating hours.

Joslyn Center (Manhattan Beach)

310-802-5420

1601 Valley Dr.
Manhattan Beach, CA 90266

M, W, 8-3 p.m.

Bridge, bingo, cards, trips and monthly potlucks. For further information contact Florence Billington at 310-546-1911.

SENIOR CENTERS

Ken Miller Recreation Center Fun Fridays

310-320-5918

310-618-6396

3341 Torrance Blvd.
(behind Benstead Plunge)
Torrance CA 90503

F, 9-3

Chair exercise 8:30-9:30; Writing your Memoirs 10-12 noon; Forever Fit – Back Class
9:45-11:30; Gentle Yoga 1-2:30.

Lawndale Senior Center

310-973-3270

14616 Grevillea Ave.
Lawndale, CA 90260

M-Th, 7 a.m. - 6 p.m.

Multipurpose senior center offering information and referral, case management, transportation, meals on wheels, legal services, on-site lunch program, and social and recreational activities.

Lomita Recreation Center

310-326-0140

24428 Eshelman Ave.
Lomita, CA 90717

M-F, 9 a.m. - 8:30 p.m.

Lomita “Goodtimers” meet on Thursday’s from 10:30 a.m. - 3:30 p.m. followed by bingo.

Long Beach Senior Center

562-570-3533

1150 E. 4th St.
Long Beach, CA 90802

M-F, 8-4
Sat., 10-4

Coffee shop, lunches, billiards, ballroom, fitness center, arts and crafts, bingo, bridge, library, movies, trips, senior nutrition program, tours, sewing program, woodcarving, stretch classes, computer classes and TaiChi. Income tax preparation. Health Clinic for uninsured (over 55 yrs).

SENIOR CENTERS

Nakaoka Community Center

310-217-9552

Senior Citizens Bureau of Gardena
1670 W. 162nd St.
Gardena, CA 90247

M-F, 8-5

Hot lunches on site 7 days (\$2.25 for seniors), and home delivered meals. Bingo, legal advice, blood pressure screening, diabetic lectures, movies, day trips, candlelight dinners, and special transit for 60 yrs. and older, and disabled. Free flu clinic. Mature driver's classes. Exercise classes and Grief Support group.

Normandale Senior Center

310-856-2796

22400 S. Halldale
Torrance, CA 90501

M, Tu, W, F, 9-11:30 a.m.

Center for seniors 50 yrs. and older offering senior lunches on M, Tues, W, and Fridays. Senior walks, exercise and fitness programs, bingo, birthdays, and trips.

Palos Verdes Peninsula Senior Center

310-377-3003

30928 Hawthorne Blvd.
Rancho Palos Verdes, CA 90275

M-F, 10-4

Legal appointments, tours, lectures, bridge, movies, writers group, AARP driving classes, Notary Public, income tax service, podiatrist, care givers support group, exercise classes, arts and crafts. Travel programs and lectures. Provides help with Homeowners and Renters Assistance Program.

Redondo Beach Senior and Family Services

310-318-0650

320 Knob Hill
Redondo Beach, CA 90277

M-F, 7:30-5:30

Information and referral, transportation, legal services, exercise, dances, tours, support groups, and beginner's computer classes that require reservations. Stroke Adaptive Mobility sessions on 1st and 3rd Monday, 12 p.m. –3 p.m. , and 2nd, 4th, 5th Monday, 1-3 p.m. Income tax help. Office is open Monday through Thursday and on alternate Fridays, 7:30-5:30 p.m.

SENIOR CENTERS

Torrance YMCA Senior Center

310-325-5885

Ext. 2732

2900 W. Sepulveda Blvd.
Torrance, CA 90505

M-F, 9-11, 2-4

Daily lunches M-F, 11:30 with reservations required. Wellness and nutrition, fitness, exercise, line dance, bridge, bingo, parties, travel tours, and volunteer opportunities. Membership in YMCA not required.

Walteria Park Senior Citizens Center

310-378-3862

3855 W. 242nd St.
Torrance, CA 90505

M, 12-4

Th, 12-4

Monday – pinochle, board games; hours: 12-4 p.m.

Thursday – bridge, pinochle, board games; hours: 12-4 p.m.

Wilmington Multipurpose Senior Center

310-518-4533

1371 N. Eubank Ave.
Wilmington, CA 90744

M-F, 8-4:30

Case management, transportation available for Wilmington, Harbor City, LA strip and San Pedro. Recreation, health screening, information and referral, social services, legal aid, and meal delivery (if eligible). Registry for in-home services.

SENIOR CLUBS

AARP

310-320-5918

1318 Cravens Ave.
Torrance, CA 90501

AARP Chapter 1878 meets 2nd Sunday, 2 p.m. at Bartlett Center. Benefits for seniors 50 yrs. and older.

Manhattan Beach Senior Citizens Club

310-802-5420

Joslyn Community Center
1601 Valley Dr.
Manhattan Beach, CA 90266

M, W, 8 - 3

Bingo, cards, trips, social gatherings, and potlucks.

North Park Senior Club

310-318-0650

Anderson Park
3007 Vail Ave.
Redondo Beach, CA 90278

M-F, 9-4

Bridge, line dancing, exercise, and bingo. Stroke support group and adult day care. Call for details.

Normandale Center Senior Club

310-328-3689

22400 Halldale Ave.
Torrance, CA 90501

Th., 9-3

General meeting, bingo, trips, gardening program. Nutrition program. Call for hours.

North Redondo Senior Club

310-318-0650

Perry Park Senior Center
2308 Rockefeller Lane
Redondo Beach, CA 90278

M-F, 9-4

Table games, exercise, cards, pool, needlework, art groups, "Tops" meetings and bingo. Call for details. Lunch program Monday, Wednesday, and Fridays at 12 noon.

SENIOR CLUBS

Redondo Beach Senior Club

310-318-0650

Veterans Park Senior Center
301 Esplanade
Redondo Beach, CA 90277

Many games and activities. Call for details. Lunch program on Tuesday and Thursdays at 12 noon. Located at corner of Catalina and Torrance Blvd.

Sea-Aire Senior Citizens Golf Club

310-543-4653

22730 Lupine Drive
Torrance, CA 90501

Seniors meet at golf course every Friday 8:30-11 a.m., 9-hole course.

Walteria Senior Center

310-378-3862

Walteria Park Clubhouse
3855 W. 242nd St.
Torrance, CA 90505

Monday – pinochle; hours 12-4 p.m.

Thursday – bridge, pinochle; hours 12-4 p.m.

SKILLED NURSING

DISCLAIMER

The following providers are listed here as referrals only, and are not to be considered as a recommendation. Focal Point at the Russ Nolte Annex of the Bartlett Senior Citizens Center assumes no liability in regard to this list of referrals. We suggest that you or a friend carefully investigate the resources.

Bay Crest Care Center

310-371-2431

3750 Garnet St.
Torrance, CA 90503

80 beds. Medicare and Medi-Cal accepted. Skilled nursing, rehabilitative services, hospice and custodial care.

California Registry

800-777-7575

Privately owned and licensed by State Department of Health Services. Provides information on short and long- term housing, Alzheimer's, assisted living, board and care, retirement, and nursing facilities. Free public service.

Centinela Park Convalescent Hospital

310-674-4500

515 Centinela Ave.
Inglewood, CA 90302

68 beds in facility. Accepts Medicare, Medi-Cal, HMO's, and private pay.

Connections Referral Service

800-330-5993

2658 Griffith Park Blvd., Suite 224
Los Angeles, CA 90039

M-F, 9-5

Provides information and referral on Alzheimer's, board and care, retirement, and skilled nursing homes. Service is free.

SKILLED NURSING

Del Amo Gardens Convalescent Hospital

310-378-4233

22419 Kent Ave.
Torrance, CA 90505

94 beds in facility. Services include skilled nursing, wound care, pain management, rehabilitation therapies, hospice and respite care. Accepts Medicare, Medi-Cal, private and managed care plans.

Driftwood Health Care Center

310-371-4628

4109 Emerald St.
Torrance, CA 90503

96 beds in facility. Services include rehabilitation, hospice and custodial care in addition to skilled nursing. Accepts Medicare, Medi-Cal, and private pay.

Earlwood Care Center

310-371-1228

20820 Earl St.
Torrance, CA 90503

85 beds in facility. Various levels of care. Medicare and Medi-Cal accepted.

Elderlink

800-613-5772

310-450-1888

P.O. Box 5202
Santa Monica, CA 90409

M-F, 8-5

Licensed by Dept. of Health Services providing free senior referral for placement in Alzheimer's, assisted living, board and care, retirement, and skilled nursing facilities in California. Accepts private pay and will find placement for SSI and Medi-Cal recipients. Emergency care on call is available 24 hrs.

SKILLED NURSING

Gardena Convalescent Center

310-532-9460

14819 S. Vermont Ave.
Gardena, CA 90247

74 beds. Services include skilled nursing, pain management care, rehabilitation therapies and hospice and respite care. American and Japanese food served. Accepts private pay, Medicare, Medi-Cal, and managed care plans.

Greenfield Care Center

310-329-7581

16530 S. Broadway
Gardena, CA 90248

Eligibility: Must qualify for skilled nursing. 50 beds. Medicare and Medi-Cal accepted.

Harbor Care Center

310-320-0961

21521 S. Vermont Ave.
Torrance, CA 90502

127 beds. Skilled nursing services provided. Accepts Medicare and Medi-Cal.

Heritage Rehabilitation Center

310-320-8714

21414 S. Vermont Ave.
Torrance, CA 90502

161 bed skilled nursing facility with physical, occupational, speech therapies as well as hospice and respite care. Medicare, Medi-Cal and private pay accepted.

Little Company of Mary Sub-Acute Care Center

310-732-6700

1322 W. 6th St.
San Pedro, CA 90732

125 beds. Skilled nursing facility providing care for patients with a tracheotomy. Accepts Medi-Cal and Medicare.

SKILLED NURSING

Little Company of Mary Transitional Care Center

310-303-5900

4320 Maricopa St.
Torrance, CA 90503

151 bed facility with a rehabilitation center. Medicare and Medi-Cal accepted.

Lomita Care Center

310-325-1970

1955 W. Lomita Blvd.
Lomita, CA 90717

68 beds in facility. In house rehabilitation services consisting of physical, occupational, and speech therapies for short and long term /respite care. Social Services are available as well as recreational programs. Medicare, Medi-Cal, and private pay accepted.

Royalwood Care Center

310-326-9131

22520 Maple Ave.
Torrance, CA 90505

110 beds facility providing skilled nursing, rehabilitation therapy, respite, custodial, and hospice care. Medicare and Medi-Cal accepted.

South Bay Keiro Nursing Home

310-532-0700

15115 S. Vermont Ave.
Gardena, CA 90247

98 beds accepting Medicare, Medi-Cal, private and long-term insurance. Skilled nursing, rehabilitation, and short- term, temporary use for respite and hospice care available.

Sunnyside Nursing Center

310-320-4130

22617 S. Vermont Ave.
Torrance, CA 90502

299 beds providing skilled nursing, custodial and hospice care. Also has a secured facility for Alzheimer patients. Medicare and Medi-Cal accepted.

SKILLED NURSING

The Canterbury

310-541-2410

5801 W. Crestridge Rd.
Rancho Palos Verdes, CA 90275

28 bed facility providing short-term skilled nursing and rehabilitation therapies. Accepts Medicare (if doctor is on staff) and private pay only.

Torrance Care Center (East)

310-370-5611

4315 Torrance Blvd.
Torrance, CA 90503

99 beds providing skilled nursing, rehabilitation, custodial, and hospice care. Medicare and Medi-Cal accepted.

Torrance Care Center (West)

310-370-4561

4333 Torrance Blvd.
Torrance, CA 90503

96 beds with skilled nursing, rehabilitation, custodial, and hospice care. Accepts Medicare and Medi-Cal.

Vermont Care Center

310-328-0812

22035 S. Vermont Ave.
Torrance, CA 90502

200 beds providing skilled nursing and rehabilitation services. Has a secured Alzheimer's unit. Medicare, Medi-Cal, private pay, and some HMO's are accepted.

SOCIAL SECURITY

Social Security Administration

800-772-1213

22600 Crenshaw Blvd.
Torrance, CA 90505

M-F, 9-4

Information and referral on Social Security, Medicare, SSI and retirement benefits for seniors, survivors and disability insurance. Torrance phone 310-326-0207.

Westside Center for Independent Living (WCIL)

310-390-3611

12901 Venice Blvd.
Los Angeles, CA 90066

Social Security and SSI benefits advocacy information and referral for people with disabilities and elderly.

TAX ASSISTANCE

Franchise Tax Board

800-868-4171

Sacramento, CA

Provides direct cash assistance for part of property taxes paid on homes for qualified U.S. citizens or eligible aliens. To qualify for Homeowners and Renter Assistance Program claimants must be at least 62 years old or blind or totally disabled. Claimant's total household income for 2006 must have been \$42,770 or less. Claims must be filed each year July 1 through October.

Income Tax Filing Assistance

310-618-2930

Torrance City Hall
3031 Torrance Blvd.
Torrance, CA 90503

M-F, 9-2:30

Free tax counseling for the elderly and low income. Program operates February 14 through April 15, Monday through Friday, no appointment necessary. Bring records and last year's returns. Located in lower level of city hall.

Internal Revenue Service

Federal Tax Forms, 800-829-3676
Problem Resolution Office, 877-777-4778

L.A. County Tax Collector

213-893-2336

P.O. Box 54018
Los Angeles, CA 90054-0018

M-F, 8-5

For special tax assistance and Senior Citizens Post Payment Program. Miss Greenfield
213-974-7222

TAX ASSISTANCE

State Controllers Office

800-952-5661

Sacramento, CA

M-F, 8-5

Senior Citizens Property Tax Postponement Law. Option of having the State pay all or part of the taxes on their homes. Taxes postponed plus accrued interest must be repaid to State when due, i.e. when the individual moves, sells the property or dies. Household income of \$31,500 or less, 62 years or older, blind or disabled. The filing period for claims for postponement of the current years' taxes runs from May 15 through December 10. Must file annually.

TRANSPORTATION

Access Services, Inc

800-827-0829

Services all L.A. County

8 a.m.-5 p.m. daily

Disabled, who cannot board, ride or get off a public bus or train. Wheelchair accessibility. Call for eligibility requirements. May operate 24 hrs daily in some areas of L.A. County.

Amtrak

800-872-7245

Website: www.amtrak.com

Carson Circuit

310-225-2545

M-F, 5:30 a.m. - 6 p.m.

Bus services in Carson. Standard ride cost 50 cents. Call for route information.

Carson Dial-a-Ride

310-835-0212

M-Th, 8-5

Services residents of Carson seniors 60 yrs. and older, and/or disabled. Provides taxi coupons for rides within the city and satellite destinations. Van transportation for the disabled.

Department of Motor Vehicles (DMV)

800-777-0133

1785 W. 220th St.
Torrance, CA 90501

M-F, 8-5
Wed., 9-5

Drivers and vehicle licenses, identification cards. Location is south of Carson Blvd. near Abalone. Open the 3rd Saturday of each month 8-12. For faster service, call for appointment. Website: www.dmv.ca.gov.

TRANSPORTATION

Dial-A-Taxi, Torrance

310-618-2536

Torrance Community Transit Program

M-Th, 10-11:30,
1-4:30

Special service for disabled citizens who are unable to access regular modes of public transportation. Call to determine eligibility.

El Segundo Dial-a-Ride

310-524-2704

M-F, 8:50-3

Door to door service for El Segundo residents only. Call for appointments and hours.

Gardena Municipal Bus Lines

310-324-1475

15350 S. Van Ness
Gardena, CA 90249

M-F, 8-5

Provides service within the city of Gardena only. Senior pass costs 35 cents for age 62 years and older. Need to apply at office. The fee is \$2.00 for application and a photo ID needed. Pass is good in several area communities and on MTA.

Gardena Special Transit

310-715-6646

M-F, 8-5

For senior residents 60 yrs. and older, or disabled for Gardena, Hawthorne and certain parts of LA County (Alondra Park and Del Aire). Must register at Gardena Sr. Citizens Bureau at 1670 W. 162nd St., Gardena. Goes to certain malls and medical facilities outside of Gardena. Fare is 75 cents.

TRANSPORTATION

Hermosa Beach Dial-a-Taxi

310-318-0251

M-Th, 7-6

Provides taxi vouchers for seniors 62 yrs. and older, and/or disabled for Hermosa Beach residents. The boundaries are: El Segundo (north), Crenshaw Blvd. (east), and Pacific Coast Highway (south). Taxi service operates 24 hours. Must apply for pass from MTA then go to City Hall for vouchers. Need current utility bill to prove residency.

Lawndale Senior Transit

310-973-3270

M-F, 8-4

Transit service for seniors 60 yrs. and older, and/or disabled, primarily to doctor's offices. Call City Hall for Lawndale Trolley information at 310-973-3270. No service on Fridays.

Lomita Dial-A-Ride

310-325-7110

Ext. 102

24300 Narbonne Ave.
Lomita, CA 90717

M-F, 8:30-4:30

Lomita residents only, 65 yrs. and older, or disabled. Service area bounded by Hawthorne, Vermont, Sepulveda, and Pacific Coast Highway. Also Palos Verdes North between Western and Narbonne.

Manhattan Beach Dial-a-Ride

310-545-3500

7 days, 8-5

Curb-to-curb transportation service for seniors 55 yrs. and older, and/or disabled, within city boundaries and designated satellite locations.

MTA (Metropolitan Transit Authority)

800-266-6883

Information on a Metro System offering 200 bus lines and 3 rail lines. For senior-disabled discount, call 213-680-0054 (Reduce Fare Office, M-F, 8-4). Information available for the counties of L.A., Orange, Riverside, San Bernardino and Ventura. Operating hours are Monday-Friday, 6 a.m. - 8:30 p.m. , Saturday and Sunday, 8 a.m. - 6 p.m.

Website: www.commutesmart.info

TRANSPORTATION

Peninsula Transit Authority Dial a Ride

310-544-7108

38 Crest Road West
Rolling Hills, CA 90274

M-F, 11-4 p.m.

For Seniors 60 yrs. and older, or disabled. Services Peninsula area with curb-to-curb service. Will provide transportation to doctor's appointments in Torrance. Must register at Transit Authority or at Peninsula Seniors, 30928 Hawthorne Blvd., Rancho Palos Verdes, phone 310-377-3003. Service is available 24/7.

Ride Info (Dial-a-Ride-By-Area Information)

800-431-7882

M-F, 8-5

Dial-a-Ride-By-Area Information provides referrals to over 200 public and private Para-transit providers in L.A. County.

Taxi Operators

Companies accepting Torrance Senior Taxi Program tickets:

All Yellow Taxi, 310-715-7556
South Bay Yellow Cab/United Checker Co-op, 866-400-4103
Bell Cab, 800-999-9977

TRANSPORTATION

Torrance Community Transit Program

310-618-2536

Torrance City Hall, West Annex
3031 Torrance Blvd.
Torrance, CA 90503

M-Th, 10-11:30,
1-4:30

The Senior Taxi and Dial-A-Taxi Services have been consolidated under the Torrance Community Transit Program. The Dial-A-Taxi provides service for disabled citizens who are unable to access regular modes of public transportation. Call to determine eligibility. For Senior Taxi you must be a Torrance resident 65 yrs. or older. First time riders must register in person at the City Hall West Annex Transit Center. Tickets are renewed by mail thereafter. Does not pick up any location east of Western Ave. The city of Wilmington, Transportation Department, provides that service. Call for information at 310-518-4533. All taxi tickets have a value up to \$13. Any ride over \$13 the participants are required to pay the difference. Tickets can be used for travel out of Torrance boundaries.

Torrance Memorial Medical Center

310-517-4764

3330 Lomita Blvd.
Torrance, CA 90505

M-F, 8:30-4

Free round trip van for going to or from the Medical Center for inpatient or outpatient services (10 mile radius). Shuttle to adjacent doctors' offices costs \$5.00 one-way. ADVANTAGE 50+ members pay \$3.00 one-way. ADVANTAGE membership is free. Call 310-517-4666 to join.

Torrance Transit System

310-618-6266

M-F, 7:30 - 5:00

Provides bus service throughout the South Bay and offers Municipal Area Express (MAX), a commuter service to El Segundo. Torrance Transit also provides service to LAX. Seniors 60 yrs. and older, or disabled seniors can ride for a reduced fare with a transit I.D. card that is issued at West Annex of Torrance City Hall, 3031 Torrance Blvd. Call for hours.

TRANSPORTATION

Wave / Dial-A-Ride

310-376-3990

415 Diamond
Redondo Beach, CA 90277

Su-Th., 6 a.m. - 9 p.m.
Fri, Sat, 6 a.m. - 10 p.m.

Provides all Redondo Beach and Hermosa Beach residents 62 yrs. and older or disabled seniors with curb-to-curb transportation. Must register at 310-937-6660. Fare is \$1 each way, 7 days a week, 6 a.m. - 9 p.m. and holidays. Need to have exact change. Lift vehicles available. Transportation is provided within Hermosa and Redondo Beach, as well as satellite locations.

Wilmington Multipurpose Senior Center

310-518-4533

1371 Eubank Ave.
Wilmington, CA 90744

M-F, 8-4:30

City of L.A. resident transportation for Harbor area residents who are 65 yrs. and older, or disabled. Van services zips: 90744, 90731, 90732, 90710, 90501, 90502, (East of Western Ave, Torrance). Information on CITYRIDE and L.A. City transport program (Para-transit). Call Maribel in Transportation Department for more information.

VETERANS

California Department of Veteran Affairs

916-653-2573

1227 O St., Rm. 105
Sacramento, CA 95814

M-F, 8-5

Provides California veterans and their families with aid and assistance with claims, beneficial opportunities through low-cost loans, and rehabilitative, residential, and medical care and services at the California Veterans Homes.

Website: www.cdva.ca.gov.

Comfort Keepers Veterans Program

310-325-6500

25124 Narbonne Ave., Suite 102
Lomita, CA 90717

M-F, 9-5

Financial assistance for in home care for American veterans and their surviving spouses. Call for eligibility requirements for low-cost or no cost in home care services. The Veterans Administration pays for these services.

Defense Finance and Accounting Services (DFAS)

800-321-1080

M-F, 7-7:30 EST

Survivor of Military retiree. Survivor Benefit Plan. Monthly annuity to survivors of military retirees. Pays 35% of retiree's pay to beneficiary upon the death of the retiree.

Gardena Veterans Healthcare Clinic

310-851-4705

1251 Redondo Beach Blvd., 3rd Floor
Gardena, CA 90247

M-F, 8-4:30

Primary medical care and nursing clinic. Mental health services on 2nd floor if qualified. Call for all services available.

VETERANS

Social Security Administration

310-326-0207

800-772-1213

22600 Crenshaw Blvd.
Torrance, CA 90505

Information and referral. Handles Social Security benefits, Medicare, Supplemental Security Income (SSI), retirement, survivors, and disability insurance.

U.S. Department of Veterans Affairs

800-827-1000

M-F, 8-3:30

Military service completed under conditions other than dishonorable discharge. Provides information and publications on services, locations and benefits including comprehensive medical and dental care, educational, home loans, insurance benefits, vocational rehabilitation compensation and pension. Nursing home and domiciliary care provided. Reimbursement of burial in a national cemetery, headstone or marker and American flag. Website: www.va.gov

Veterans of Foreign Wars

310-376-1605

Redondo Post #2828
1000 N. Catalina Ave.
Redondo Beach, CA 90277

Daily, 8 a.m. - 10 p.m.

Servicing South Bay residents providing counseling and benefits assistance for veterans and widows. Canteen for socialization.

VOLUNTEERING

American Red Cross

310-225-2900

1995 W. 190th St., Suite 100
Torrance, CA 90504

M-F, 8:30-5

CPR, First Aid, and instruction in disaster preparedness. Located next to Marriott Courtyard in Business Park.

Beach Cities Health District

310-374-3426

Ext. 137

510 N. Prospect Ave., 3rd floor
Redondo Beach, CA 90277

Volunteers needed for the Wellness Program, Friend-to-Friend Program, Peer Counseling Program, Errand Volunteer Program, Support Line, community events, fitness programs, office help, and working with children.

Focal Point on Aging

310-320-1300

1339 Post Ave.
Torrance, CA 90501

M-F, 9-3

Provides information and referrals for services in the community for seniors, caregivers, and family members. Volunteer commitment is for a 3-hour shift each week.

Foster Grandparent Program

323-460-2935

1370 N. St. Andrews Pl.
Hollywood, CA 90028

M-F, 8-4

Provides opportunities for low-income seniors, age 60 or older, to remain physically and mentally active while serving children with exceptional or special needs to improve their social development.

VOLUNTEERING

James Armstrong Theater

310-618-6339

3330 Civic Center Drive
Torrance, CA 90503

Volunteers to serve as ushers and ticket takers.

Little Company of Mary Hospital

310-543-5805

4101 Torrance Blvd.
Torrance, CA 90503

Wide range of volunteer opportunities throughout the hospital and its affiliate sites, including LCM Outpatient Care Center-Beach Cities, as well as a variety of community outreach programs.

Retired Senior Volunteer Program (RSVP)

310-320-3322

1339 Post Ave.
Torrance, CA 90501

Program offering volunteer opportunities for seniors age 55 and older in various fields, matching skills and artistic talents.

South Bay Literacy Council

310-373-7003

Hillside Village
24586 Hawthorne Blvd., #11
Torrance, CA 90505

M-Th, 10-4

Teach adult students 18 yrs. and older to read, write and speak English. Service is free. The Council also teaches basic literacy to native-born students. Will train prospective tutors. Knowledge of another language or teaching degree not necessary.

VOLUNTEERING

South Coast Botanic Gardens

310-544-1847

26300 Crenshaw Blvd.
Palos Verdes Peninsula, CA 90274

7 days, 9-5

Volunteers needed as tour guides, garden maintenance jobs, gift shop, and craft workshops.

Torrance Memorial Medical Center

310-325-9110

Ext. 4752

3330 Lomita Blvd.
Torrance, CA 90505

A variety of volunteer positions are available at the medical center. All days and times. Orientation is conducted five times per year and training is provided

Torrance Volunteer Programs

310-618-5965

Volunteers participate in many city programs, working 4 to 40 hours a week in a variety of jobs such as CitiCable, Finance, Fire Department, General Services, Library, Community Services Department (formerly Parks and Recreation), Police Department, Madronna Marsh, sports programs, cultural arts center and Street Services.
Website: www.torrnet.com.

Volunteer Center

310-212-5009

1230 Cravens Ave.
Torrance, CA 90501

Serves South Bay, Harbor, and Long Beach areas. Will provide volunteer referral to over 600 agencies.

Torrance YMCA

310-325-5885

2900 W. Sepulveda Blvd.
Torrance, CA 90505

Volunteer positions available.

INDEX

- 211 L.A. County (formerly Info Line), 55, 59, 73, 79
- AARP, 3, 45, 129
- Abledata, 38
- Abuse Hotline, 1, 3, 79
- Access Services, Inc, 139
- Adia, 92
- ADT Security Services, 73
- Adult Protective Services, 1, 3, 79
- ADVANTAGE Program, 45, 50, 64, 98
- Alcoholics Anonymous, 61
- All of Us Enterprises, 82
- ALLPOINT Home Health, 92
- Always Right Home Care, 92
- Alzheimer's Association, 11, 61, 91
- Alzheimer's Association Care Consultation, 11, 23
- Alzheimer's Disease Education and Referral Service (ADEAR), 11
- Alzheimer's Disease Research Center, USC, 11
- Alzheimer's Store, 12
- American Brain Tumor Association, 61
- American Cancer Society, 61, 64
- American Chronic Pain Association, 61
- American Civil Liberties Union, 100
- American Council of the Blind, 61
- American Diabetes Association, 61
- American Dietetic Association, 61
- American Heart Association, 61
- American Lung Association, 61
- American Paralysis Association, 61
- American Red Cross, 50, 64, 147
- American Speech, Language and Hearing Association, 61
- American Stroke Association, 61
- American Trauma Society, 61
- American Urological Association Foundation, 61
- Amtrak, 139
- Amyotrophic Lateral Sclerosis Association (ALS), 62
- Anderson Memorial Center, 124
- Anderson Park Senior Center, 38, 50
- Anemia Foundation, 62
- Animal Birth Control, 19, 45
- Animal Care and Control, 19
- Animal Licenses, 19, 46
- Animal Safety Net Information and Hot Line, 19
- Area Agency on Aging, L.A. County, 3
- Arthritis Foundation, 62
- Asian Community Service Center, 3
- Asian Pacific American Legal Center, 100
- Asthma and Allergy Foundation of America, 62
- AT Network, 38
- AT&T Customer Services, 38
- Avalon Courtyard, 86
- Barbara Boxer, US Senator, California, 106
- Bartlett Senior Citizens Center, 100, 113, 124
- Bay Crest Care Center, 131
- Bayside Terrace, 86
- Beach Cities Health District, 23, 50, 64, 147
- Behavioral Health Services - Medicine Education Program, 51
- Belmont Village, 12, 119
- Better Business Bureau, 28
- Bet-Tzedek Legal Services, 100
- Bodyguard I.D. Tags, LLC, 73, 91
- Braille Institute, 39, 109
- Brain Injury Association of America, 62
- Brittany House, 12
- Brookdale Pacific Inn, 119
- Bureau of Citizenship and Immigration Service (USCIS), 101
- ByDesign Financial Solutions, 59, 73

INDEX

- California Advocates for Nursing Home Reform, 4, 101
- California Board of Dental Examiners, 28
- California Bureau of Automotive Repair, 28
- California Department of Health Services, 28
- California Department of Insurance, 28, 98
- California Department of Veteran Affairs, 145
- California Fair Employment and Housing Department, 29
- California Registry, 12, 21, 119, 131
- California Relay Service (CRS), 39
- California Senior Legislature, 106
- California State Consumer Affairs, 29
- California Telephone Access Program, 39
- California Voter's Assistance Hotline, 73
- Calvary Assembly of God (His Helping Hand), 55, 113
- Camino Village Senior Complex, 82, 86
- Cancer Resource Center, 65
- Canterbury Retirement Community, 119
- Caring Connection, 4
- Carson Adult Day Health Care Center, 13, 34
- Carson Circuit, 139
- Carson Dial-a-Ride, 139
- Carson Garden Retirement Apts., 86
- Carson Public Library (County), 109
- Carson Retirement Center, 13
- Carson Senior Assisted Living Center, 120
- Carson Senior Social Services, 23, 124
- Carson Sheriff's Office, 118
- Carson Terrace Senior Apartments, 82, 86
- Casa De Los Amigos, 87
- Cemetery and Funeral Bureau, 29
- Center for the Pacific-Asian Family, 1, 79
- Center for the Partially Sighted, 39
- Centinela Park Convalescent Hospital, 131
- Charlie's Barber Shop, 93
- Clearview Alzheimer's Care Facilities, 13
- Clothing Solutions, 40
- Coleman Court, 83, 87
- ComForcare Senior Services, 93
- Comfort Clothing, 40
- Comfort Keepers, 93
- Comfort Keepers Veterans Program, 145
- Concepts for Living, 13, 21, 120
- Congress of California Seniors, 4, 106
- Connections Referral Service, 14, 21, 120, 131
- Consumer Affairs - L.A. County, 4, 29, 101
- Consumer Credit Counseling Service of L.A. See ByDesign Financial Solutions, 59, 74
- Consumer Health Information (CHIPS), 51
- Contractors State License Board, 30
- Credit Reporting Agencies, 59
- Defense Finance and Accounting Services (DFAS), 145
- Del Amo Gardens Convalescent Hospital, 132
- Del Amo Hospital, 40, 71
- Del Amo Pharmacy, 46
- Dental Board of California, 36
- Department of Managed Health Care, 30, 74
- Department of Motor Vehicles (DMV), 139
- Department of Rehabilitation, 40, 57
- Dial-A-Taxi, Torrance, 140

INDEX

- Diane Feinstein, US Senator, California, 106
Direct Link, 74
Disability Rights Advocates, 5, 41
Disability Rights Legal Center, 41, 101
Dispute Resolution Service, 102
Don Apartments, 83, 87
Don Knabe, County Supervisor 4th District, 107
Donated Dental Services (DDS), 36
Driftwood Health Care Center, 132
Dynamic Nursing and Home Care Services, 93
Earlwood Care Center, 132
El Camino College, 51
El Segundo Dial-a-Ride, 140
El Segundo Police, 118
El Segundo Public Library, 109
Elder Abuse Hotline, 1, 79
Eldercare Locator, 5, 102
Elderhostel, 51
Elderlink, 14, 21, 120, 132
Emergency Response Systems, 74
Enrichment Through Employment, 57
Epilepsy Foundation, 62
Eviction Defense Hotline, 80
Family Adult Day Health Care Center, 14, 34
Family Caregiver Alliance, 5, 14
Family Crisis Center, 80
Federal Trade Commission, 30
First United Methodist Church, 113
Focal Point on Aging, 147
Food Stamps, 113
Fordes' Functional Fashions, 41
Foster Grandparent Program, 147
Fox Drug of Torrance, 46
Franchise Tax Board, 137
Fraud Hotline, 80
Gardena Convalescent Center, 133
Gardena Municipal Bus Lines, 140
Gardena One-Stop Employment, 57
Gardena Police, 118
Gardena Public Library (County), 109
Gardena Retirement Center, 121
Gardena Senior Citizens Bureau, 23
Gardena Senior Day Care Center, 15, 34
Gardena Special Transit, 140
Gardena Valley Japanese Cultural Institute, 124
Gardena Valley Towers, 87
Gardena Veterans Healthcare Clinic, 145
Gentle Transitions, 24, 74
Grandparents as Parents, 5
Greater South Bay Home Health, Inc., 24, 94
Greenfield Care Center, 133
Griffith Adult Center, 51
Guide Dogs for the Blind, 41
H.E.L.P., 102
Hair Is Us, 94
Hamilton Adult Education Center, 52
Harbor Care Center, 133
Harbor Gateway Branch Library, Harbor City, 109
Harbor Gateway/Torrance Outreach, 55, 114
Harbor Interfaith, 55
Harbor Park Golf Course, 46
Harbor Terrace Retirement Center, 121
Harbor Towers, 87
Harbor-UCLA Medical Center, 71
Harmony Court Apartments, 83, 88
Hawthorne Police, 118
Hawthorne Public Library (County), 110
Hawthorne Senior Center, 125
Hawthorne Wiseburn Public Library (County), 109
Hazardous Waste Recycling (L.A. County), 75
Health Care Partners Medical Group, 65

INDEX

- Health Fair (City of Redondo Beach Senior and Family Services), 65
Hearing Aid Help Line, 41
Heritage Point, 83, 88
Heritage Rehabilitation Center, 133
Herma Tillim Senior Center, 102, 125
Hermosa Beach Dial-a-Taxi, 141
Hermosa Beach Police, 118
Hermosa Beach Public Library (County), 110
HICAP (Health Insurance Counseling), 6, 30, 65, 98, 103
His House (Salvation Army), 55, 114
HMO Complaint Hotline Help Center, 31
HMO's – Medicare (LA County), 98
Home Helpers, 94
Home Improvement Program - Torrance, 75, 94
Home Instead Senior Care, 95
Homeowners Property Tax Assistance Program, 47
Homewatch CareGivers, 95
Hope In Action, 114
Hospice Foundation of America, 62, 69
House of Yahweh, 56, 114
Hull Adult Education Center, 52
Huntington Disease Society of America, 62
Huntington Retirement Community, 121
Identity Theft Hotline, 80
Immigration Legal Assistance Project, 103
Income Tax Filing Assistance, 137
Internal Revenue Service, 137
International Hearing Society, 62
James Armstrong Theater, 148
Jane Harman, Congresswoman 36th District, 107
Japanese Cultural Institute (JCI), 115
JCI - Japanese Cultural Institute Gardens, 88
Jenny Oropeza, State Senator, 28th District, 107
Jewish Family Services, 6, 24
Joslyn Adult and Senior Center (El Segundo), 125
Joslyn Center (Manhattan Beach), 125
Kaiser Permanente Harbor City, 71
Ken Miller Recreation Center Fun Fridays, 126
Kiwanis Gardens, 88
Kovacs-Frey Pharmacy, 47
L.A. County Department of Health Services, 66
L.A. County Registrar Recorder, 75
L.A. Mobile Home Ombudsman, 32
Lawndale Police, 118
Lawndale Public Library (County), 110
Lawndale Senior Center, 24, 126
Lawndale Senior Transit, 141
League of Women Voters, Torrance, 107
Legal Advice, 103
Legal Aid Foundation of L.A., 103
Lennox Library (County), 110
LifeFone, 75
Lifeline, 76
Lighthouse International, 42
Lions Clubs International, 42
Little Company of Mary Home Health, 25, 95
Little Company of Mary Hospital, 71, 148
Little Company of Mary San Pedro Hospital, 71
Little Company of Mary Solutions Center, 52, 66
Little Company of Mary Sub-Acute Care Center, 133
Little Company of Mary Transitional Care Center, 134
Little Tokyo Service Center, 6, 25

INDEX

- Lomita Care Center, 134**
- Lomita Dial-A-Ride, 141**
- Lomita Manor, 88**
- Lomita Public Library (County), 110**
- Lomita Recreation Center, 126**
- Lomita Sheriff, 118**
- Long Beach City College (Senior Studies Program), 52**
- Long Beach Senior Center, 126**
- Long Term Care Ombudsman, 2, 31, 80**
- Los Angeles Caregiver Resource Center, 6, 15, 62**
- Los Angeles County Housing Authority, 89**
- Los Angeles Free Clinic, 36**
- Los Angeles Harbor College, 53**
- Love Inc., 56, 59, 95, 115**
- Low Vision Support Group, 42**
- Lumetra (formerly CMRI), 7, 31**
- Manhattan Beach Dial-a-Ride, 141**
- Manhattan Beach Police, 118**
- Manhattan Beach Public Library (County), 110**
- Manhattan Beach Senior Citizens Club, 129**
- Manhattan Village Senior Villas, 83**
- Maxim Companion Services, 96**
- Meadow Lark Manor, 89**
- Meals on Wheels, 115**
- Medic Alert Foundation, 76, 91**
- Medical Baseline Program, 42**
- Medical Board of California, 31**
- Medi-Cal Fraud Hotline, 31, 80**
- Medi-Cal Information, 76, 99**
- MedicAlert+Safe Return (Alzheimer's Association), 15**
- Medicare Fraud Hotline, 31, 81**
- Medicare Information, 76, 99**
- Medicare Rights Center Appeals Hotline, 99**
- Medigap Insurance, AARP, 99**
- Memorial Hospital of Gardena, 71**
- Mental Health America (National Mental Health Assn.), 62**
- Mobile Home Ombudsman, 7**
- Mobile Homes Assn., 84**
- Motor Vehicles, Department of, (DMV), 91**
- MTA (Metropolitan Transit Authority), 141**
- Muscular Dystrophy Association, 62**
- Nakaoka Community Center, 127**
- Narbonne High School, 53**
- National Alliance for the Mentally Ill, 62**
- National Association for Continence, 7, 62**
- National Council on Alcoholism and Drug Dependence, 76**
- National Family Caregivers Association, 62**
- National Fraud Information Center, 32, 77**
- National Headache Foundation, 63**
- National Hospice and Pallative Care Organization, 63**
- National Institute of Mental Health, 63**
- National Institute of Neurological Disorders and Stroke, 63**
- National Kidney Foundation, 63**
- National Mental Health Association, 63**
- National Multiple Sclerosis Society, 63**
- National Osteoporosis Foundation, 63**
- National Parkinson's Foundation, 63**
- National Spinal Cord Injury Association, 63**
- National Stroke Association, 63**
- Normandale Center Senior Club, 129**
- Normandale Senior Center, 127**
- Normandale Senior Nutrition Center, 116**
- North Park Senior Club, 129**
- North Redondo Senior Club, 129**
- Ocean Terrace, 84, 89**

INDEX

- Omnimore CA State University,
Dominguez Hills, 53
Oxford Health Care, 25
Oxford Services, 96
Palos Verdes - Malaga Cove Plaza
Library, 110
Palos Verdes - Miraleste Library, 111
Palos Verdes - Peninsula Center
Library, 111
Palos Verdes Estates Police, 118
Palos Verdes Peninsula Senior Center,
127
Palos Verdes Villa, 121
Partnership for Prescription
Assistance, 47
Peninsula Transit Authority Dial a
Ride, 142
Physicians Choice, 25, 96
Poison Control Center, 81
Police Assistance, 118
Postal Solutions, 47
Protection and Advocacy, Inc. (PAI),
7, 104
Public Counsel, 104
Public Social Services, Department of,
56, 60, 77
Public Transportation, 42, 47
Public Utilities Commission (Calif.), 32
Rainbow Services, 2, 8, 81
Rancho Palos Verdes Police, 118
Redondo Beach - Main Library, 111
Redondo Beach - North Branch
Library, 111
Redondo Beach Police, 118
Redondo Beach Senior & Family
Services, 127
Redondo Beach Senior and Family
Services, 26
Redondo Beach Senior Club, 130
Rescue Alert of CA, Inc., 77
Retired Senior Volunteer Program
(RSVP), 148
Ride Info (Dial-a-Ride-By-Area
Information), 142
Roland R. Mindeman Senior
Residence, 84
Rolling Hills Estates Sheriff, 118
Rosecrans Villa, 122
Ross Manhattan Terrace, 84
Royalwood Care Center, 134
Rx Care Pharmacy, 48
S.H.A.R.E.(Self Help and Recovery
Exchange), 8
Sage House (Salvation Army), 15, 34
Salvation Army, 116
Salvation Army Adult Day Care, 16,
35
Salvation Army His House Family
Services, 8
San Pedro Adult Day Health Care
Center, 16, 35
San Pedro Regional Branch Library
(L.A. City), 111
Sea-Aire Senior Citizens Golf Club,
130
Sears Health & Wellness Catalog, 43
Seaside Villa, 84, 89
Seasons Senior Apartments, 85, 89
Senior Dent, 36
Senior Eye Care Program, 43
Senior Legal Hotline, 104
Silver Cross Recycled and New Home
Lifts, 43, 66
SmartHome, 43
Social Security Administration, 77,
136, 146
Social Security Fraud Hotline, 32, 81
South Bay Adult Care Center, 16, 35
South Bay Bar Assn. Attorney
Referral Service, 104
South Bay Center for Dispute
Resolution, 105
South Bay Co-op, 90
South Bay Family Health Care Center,
37, 67

INDEX

- South Bay Home Health Care, 67
South Bay Keiro Nursing Home, 134
South Bay Literacy Council, 53, 148
South Bay Senior Services, 8, 26, 96
South Bay SPCA - L.A. Pet Adoption Center, 19
South Coast Botanic Gardens, 149
South Park Manor, 90
Southern California Edison Co., 48
Southern California Gas Co., 78
Southern California Regional Occupational Ctr (SCROC), 54, 57
Southwood Mobile Estates, 85
Spring Senior Assisted Living, 122
St. Andrews Episcopal Church, 116
St. Andrews Presbyterian Church, 116
St. James Catholic Church, 116
St. John Evangelical Lutheran Church, 117
St. Margaret Mary Catholic Church, 117
St. Mary's Low Vision Center, 44
St. Paul's United Methodist Church, 117
State Bar of California, 105
State Controllers Office, 138
Stroke Association of Southern California, 63
Suicide Prevention Center, 81
Sunnyside Nursing Center, 16, 134
Sunnyside Retirement Center, 122
Sunrise Assisted Living of Hermosa Beach, 17, 122
Taxi Operators, 142
Ted Lieu, Assemblyman 53rd District, 108
Telacu Senior Housing, 90
The Alzheimer's Store, 17
The Canterbury, 135
The Gathering Place, 9, 69
The Remedy Pharm, 48
The Utility Reform Network (T.U.R.N.), 9, 32
The Wellness Community, 9, 54, 67
Torrance - Southeast Branch Library, 112
Torrance - Walteria Branch Library, 112
Torrance - El Retiro Branch Library, 111
Torrance - Henderson Branch Library, 111
Torrance - North Branch Library, 112
Torrance Animal Control, 20
Torrance Care Center (East), 135
Torrance Care Center (West), 135
Torrance City Hall, 108
Torrance Community Transit Program, 143
Torrance Housing Office, 90
Torrance Memorial Home Health, 26, 97
Torrance Memorial Home Health and Hospice, 69
Torrance Memorial Medical Center, 71, 143, 149
Torrance Memorial Medical Center – Health Links, 54, 68
Torrance Memorial Medical Center – Woman to Woman Image Enhancement, 68
Torrance Police, 118
Torrance Public Library - Katy Geissert Civic Center Library, 44, 112
Torrance Transit System, 143
Torrance Volunteer Programs, 149
Torrance YMCA, 149
Torrance YMCA Senior Center, 128
Tree of Life, 117
Trinity Care Hospice, 69
U.S. Department of Veterans Affairs, 146
UCLA - Venice Dental Clinic, 37
UCLA Center on Aging, 54
Universal Lifeline Telephone Service, 48

INDEX

USC Dental Clinic, 37
Utility Users Tax Exemption
(Torrance), 49
Vermont Care Center, 17, 135
Veterans of Foreign Wars, 146
Victim-Witness Assistance Program,
2, 9
Villa Sorrento, 123
Villagio Apartments, 90
Vista Hospital of South Bay, 72
VITAS Health Care Corp., 70
Viva, 17, 22, 123
Volunteer Center, 149
Walteria Park Senior Citizens Center,
128
Walteria Senior Center, 130
Wardrobe Wagon, 44
Wave / Dial-A-Ride, 144
Western L.A. Dental Society, 37
Westside Center for Independent
Living (WCIL), 10, 26, 44, 58, 97, 136
Wilmington Branch Library (L.A.
City), 112
Wilmington Multipurpose Senior
Center, 27, 128, 144
Windsor Gardens of Hawthorne, 18
WISE and Healthy Aging – Long
Term Care Ombudsman, 10, 33
WJC Adult Day Program, 18, 35
YMCA, 117